



Product Information Sheet

Product Code 217371

Weight 480g

Product Type Individual

Product Name Level 4 Purée Classic Chicken Curry

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	393kj	1886kj
Energy (kcal)	94kcal	450kcal
Fat	4.1g	20g
Saturated	0.9g	4.1g
Monounsaturated	2.1g	10.0g
Polyunsaturated	1.1g	5.1g
Carbohydrate	8.7g	42g
of which sugars	3.0g	14g
Fibre	1.7g	8.0g
Protein	4.6g	22g
Sodium	144mg	692mg
Salt equivalent	0.36g	1.7g
Potassium	188mg	901mg

Ingredient Declaration

water, cauliflower (14%), chicken (13%), **MILK**, onion, rapeseed oil, dried potato (2.5%), tomato puree, cream (**MILK**), pea starch, maize starch, sugar, mango, tomato, carrot, maltodextrin, **WHEAT** flour, thickeners (methyl cellulose, xanthan gum, guar gum), raisins, natural flavourings, citrus fibres, salt, caramelised sugar, cumin, lemon juice, coriander, ginger, garlic, cardamom, spirit vinegar, yeast extract, chilli, cloves, emulsifier (mono- and diglycerides of fatty acids), turmeric, paprika, cane vinegar, pepper.

Diet Coding		Made Without		Free From	
1 of 5 a Day	✓	Alcohol	✓	Alcohol	
Energy Dense		Beef	✓	Beef	
Gluten Free		Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian		Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice		Garlic		Garlic	
Vegan		Lupin	✓	Gluten	
Soft		Milk & Milk Derivatives		Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars	✓	Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion		Onion	
High Protein	✓	Peanut	✓	Peanuts	
Easy Chew		Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato		Tomato	
SourceOfProtein		Yeast		Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

Cooking Guidelines (all ovens may vary)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF POWER

Store at -18°C, do not refreeze once thawed

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