



# Product Information Sheet

**Product Code** 217140

**Weight** 200g

**Product Type** Individual

**Product Name** Level 3 Carrot Soup

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	571kj	1141kj
Energy (kcal)	137kcal	275kcal
Fat	9.7g	19g
Saturated	3.2g	6.3g
Monounsaturated	4.4g	8.8g
Polyunsaturated	2.1g	4.2g
Carbohydrate	7.5g	15g
of which sugars	6.0g	12g
Fibre	1.8g	3.7g
Protein	4.0g	8.1g
Sodium	214mg	428mg
Salt equivalent	0.54g	1.1g
Potassium	232mg	464mg

## Ingredient Declaration

carrot (24%), skimmed **MILK**, cream (**MILK**), apple, water, rapeseed oil, carrot juice, onion, **MILK** protein, citrus fibres, salt, modified maize starch, sugar, thickeners (xanthan gum, guar gum), garden lovage, 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		Tomato	✓	Yeast	
		Yeast	✓		
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

### **Cooking Guidelines (all ovens may vary)**

Cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Once cooked do not reheat. Microwave - cook on HALF POWER

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

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