

Product Information Sheet

Product Code 324449

Weight 1200g

Product Type Large / Multi-Portion

Product Name Chicken Korma

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	752kj	1128kj
Energy (kcal)	181kcal	271kcal
Fat	13g	19g
Saturated	8.4g	13g
Monounsaturated	2.6g	3.9g
Polyunsaturated	0.9g	1.4g
Carbohydrate	5.7g	8.6g
of which sugars	3.2g	4.9g
Fibre	1.9g	2.9g
Protein	9.8g	15g
Sodium	360mg	540mg
Salt equivalent	0.90g	1.3g
Potassium	325mg	488mg

Ingredient Declaration

cooked chicken (30%), water, yoghurt (**milk**), cream (**milk**) (12%), coconut (11%), onion, tomato puree, rapeseed oil, modified starch, ginger, garlic, ground paprika, lemon juice from concentrate, salt, sugar, roast chicken carcass, coriander leaf, ground turmeric, starch, yeast extract, ground cumin, cornflour, chilli powder, ground coriander, ground bay leaf, ground clove, carrot juice concentrate, leek juice concentrate.

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)

Cook with lid on. Always cook from frozen.

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

Product Code 328449
Product Type Small / Twin
Product Name Chicken Korma

Weight 300g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	752kj	1128kj
Energy (kcal)	181kcal	271kcal
Fat	13g	19g
Saturated	8.4g	13g
Monounsaturated	2.6g	3.9g
Polyunsaturated	0.9g	1.4g
Carbohydrate	5.7g	8.6g
of which sugars	3.2g	4.9g
Fibre	1.9g	2.9g
Protein	9.8g	15g
Sodium	360mg	540mg
Salt equivalent	0.90g	1.3g
Potassium	325mg	488mg

Ingredient Declaration

cooked chicken (30%), water, yoghurt (milk), cream (milk) (12%), coconut (11%), onion, tomato puree, rapeseed oil, modified starch, ginger, garlic, ground paprika, lemon juice from concentrate, salt, sugar, roast chicken carcass, coriander leaf, ground turmeric, starch, yeast extract, ground cumin, cornflour, chilli powder, ground coriander, ground bay leaf, ground clove, carrot juice concentrate, leek juice concentrate.

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)

Cook with lid on. Always cook from frozen. Stir before serving.

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

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