



# Product Information Sheet

**Product Code** 324787

**Weight** 1200g

**Product Type** Large / Multi-Portion

**Product Name** Mashed Potato

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	510kj	510kj
Energy (kcal)	122kcal	122kcal
Fat	6.9g	6.9g
Saturated	1.3g	1.3g
Monounsaturated	3.8g	3.8g
Polyunsaturated	1.7g	1.7g
Carbohydrate	13g	13g
of which sugars	0.7g	0.7g
Fibre	1.0g	1.0g
Protein	1.7g	1.7g
Sodium	94mg	94mg
Salt equivalent	0.23g	0.23g
Potassium	272mg	272mg

## Ingredient Declaration

potato (73%), water, rapeseed oil, butter (milk), dried milk, salt, 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)**

Cook from frozen. Lid on.

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

**Product Code** 328787**Weight** 400g**Product Type** Small / Twin**Product Name** Mashed Potato**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	510kj	510kj
Energy (kcal)	122kcal	122kcal
Fat	6.9g	6.9g
Saturated	1.3g	1.3g
Monounsaturated	3.8g	3.8g
Polyunsaturated	1.7g	1.7g
Carbohydrate	13g	13g
of which sugars	0.7g	0.7g
Fibre	1.0g	1.0g
Protein	1.7g	1.7g
Sodium	94mg	94mg
Salt equivalent	0.23g	0.23g
Potassium	272mg	272mg

**Ingredient Declaration**

potato (73%), water, rapeseed oil, butter (milk), dried milk, salt, 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)**

Cook with lid on. Cook from frozen.

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

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