



Product Information Sheet

Product Code 217373

Weight 480g

Product Type Individual

Product Name Level 4 Purée Classic Chicken & Vegetable Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	385kj	1846kj
Energy (kcal)	92kcal	440kcal
Fat	3.5g	17g
Saturated	0.5g	2.3g
Monounsaturated	1.9g	9.0g
Polyunsaturated	1.0g	4.9g
Carbohydrate	9.3g	44g
of which sugars	2.1g	10g
Fibre	1.8g	8.7g
Protein	4.8g	23g
Sodium	138mg	660mg
Salt equivalent	0.34g	1.7g
Potassium	209mg	1004mg

Ingredient Declaration

water, chicken (15%), carrot (9%), swede (7%), **MILK**, chicken stock, onion, dried potato, rapeseed oil, carrot juice, maltodextrin, pea starch, waxy maize starch, thickeners (methyl cellulose, xanthan gum, guar gum), caramelised sugar, natural flavourings, sugar, citrus fibres, tomato puree, salt, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), pea fibres, lemon juice, yeast extract, iodised salt, nutmeg, chicken fat, pepper, turmeric.

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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