



# Product Information Sheet

**Product Code** 217128

**Weight** 410g

**Product Type** Individual

**Product Name** Level 5 Chicken in Rich Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	341kj	1398kj
Energy (kcal)	81kcal	333kcal
Fat	2.6g	11g
Saturated	0.2g	1.0g
Monounsaturated	1.5g	6.3g
Polyunsaturated	0.8g	3.2g
Carbohydrate	7.0g	29g
of which sugars	1.8g	7.5g
Fibre	1.7g	6.8g
Protein	6.6g	27g
Sodium	132mg	542mg
Salt equivalent	0.33g	1.4g
Potassium	181mg	743mg

## Ingredient Declaration

water, cooked chicken (20%), potato, carrot, swede, onion, rapeseed oil, cornflour, stabiliser (methyl cellulose), salt, dried potato, starch, caramelised sugar, yeast extract, dried onion, sugar, chicken stock, rice flour, natural flavouring, pepper.

## Warnings:

⚠ Prepared to meet level 5 for adults.

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. Stir before serving.

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

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