



Product Information Sheet

Product Code 217328

Weight 415g

Product Type Individual

Product Name Level 6 Vegetable & Lentil Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	536kj	2225kj
Energy (kcal)	128kcal	531kcal
Fat	5.0g	21g
Saturated	0.6g	2.5g
Monounsaturated	2.8g	12g
Polyunsaturated	1.4g	5.9g
Carbohydrate	16g	67g
of which sugars	3.9g	16g
Fibre	2.1g	8.7g
Protein	3.6g	15g
Sodium	76mg	316mg
Salt equivalent	0.19g	0.79g
Potassium	235mg	973mg

Ingredient Declaration

carrot, potato, water, parsnip, maltodextrin, lentils (4%), vegetable oils (rapeseed, sunflower), tomato puree, onion, swede, **wheat gluten**, spinach, cornflour, butter (**milk**), stabiliser (cellulose), caramelised sugar, dried **milk**, sugar, natural flavouring, garlic, salt, yeast extract, dried onion, spirit vinegar, dried leek, cane molasses, dried carrot, pepper, dried tomato, tamarind paste, onion powder, ground turmeric, dried thyme, ground bay leaf, ground cayenne, garlic powder, ground clove, **mustard**, **soya**.

Warnings:

⚠ Prepared to meet level 6 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		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 casserole before serving.

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

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