



# Product Information Sheet

**Product Code** 217342

**Weight** 365g

**Product Type** Individual

**Product Name** Level 6 Chicken in Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	403kj	1471kj
Energy (kcal)	96kcal	352kcal
Fat	5.2g	19g
Saturated	1.0g	3.6g
Monounsaturated	2.8g	10g
Polyunsaturated	1.3g	4.7g
Carbohydrate	7.0g	26g
of which sugars	1.5g	5.6g
Fibre	1.0g	3.6g
Protein	4.9g	18g
Sodium	229mg	837mg
Salt equivalent	0.57g	2.1g
Potassium	223mg	812mg

## Ingredient Declaration

water, potato, cooked formed chicken (15%), carrot, rapeseed oil, onion, broccoli, cream (**milk**), cauliflower, cheese (**milk**), modified starch, salt, tomato puree, onion powder, starch, sage, yeast extract, stabilisers (methyl cellulose, diphosphates, triphosphates), roast chicken carcass, caramelised sugar, sugar, cornflour, dextrose, carrot juice concentrate, leek juice concentrate.

## Warnings:

⚠ \*formed chicken

⚠ 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)**

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Once cooked do not reheat. Stir chicken before serving.

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

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084