



Product Information Sheet

Product Code 217349

Weight 360g

Product Type Individual

Product Name Level 6 Chicken in a Creamy Mushroom Sauce

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	396kj	1426kj
Energy (kcal)	95kcal	340kcal
Fat	4.4g	16g
Saturated	1.6g	5.9g
Monounsaturated	1.8g	6.5g
Polyunsaturated	0.7g	2.4g
Carbohydrate	7.5g	27g
of which sugars	2.5g	9.1g
Fibre	0.9g	3.3g
Protein	5.9g	21g
Sodium	214mg	771mg
Salt equivalent	0.54g	1.9g
Potassium	250mg	901mg

Ingredient Declaration

water, cooked formed chicken (17%), potato, swede, sweet potato, carrot, butternut squash, celeriac (**celery**), onion, cream (**milk**), mature Cheddar cheese (**milk**), dried **milk**, parsnip, rapeseed oil, modified starch, garlic, salt, starch, parsley, tarragon, sage, roast chicken carcass, pepper, stabilisers (diphosphates, triphosphates), mushroom powder, ground bay leaf, **mustard** powder, sugar, yeast extract, cornflour, tomato puree, 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 before serving.

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

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