

Product Information Sheet

Product Code 324937

Weight 400g

Product Type Large / Multi-Portion

Product Name Plain Omelettes

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	801kj	801kj
Energy (kcal)	193kcal	193kcal
Fat	16g	16g
Saturated	3.3g	3.3g
Monounsaturated	8.0g	8.0g
Polyunsaturated	3.3g	3.3g
Carbohydrate	2.3g	2.3g
of which sugars	1.3g	1.3g
Fibre	0.5g	0.5g
Protein	9.3g	9.3g
Sodium	230mg	230mg
Salt equivalent	0.58g	0.58g
Potassium	110mg	110mg

Ingredient Declaration

egg (65%), milk, rapeseed oil, stabiliser (xanthan gum), salt, pepper.

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. Lid on.

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

Product Code 328937

Weight 100g

Product Type Small / Twin

Product Name Plain Omelette

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	801kj	801kj
Energy (kcal)	193kcal	193kcal
Fat	16g	16g
Saturated	3.3g	3.3g
Monounsaturated	8.0g	8.0g
Polyunsaturated	3.3g	3.3g
Carbohydrate	2.3g	2.3g
of which sugars	1.3g	1.3g
Fibre	0.5g	0.5g
Protein	9.3g	9.3g
Sodium	230mg	230mg
Salt equivalent	0.58g	0.58g
Potassium	110mg	110mg

Ingredient Declaration

egg(65%), **milk**, rapeseed oil, stabiliser (xanthan gum), salt, pepper.

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. Lid on.

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

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