

Product Information Sheet

Product Code 324949

Weight 640g

Product Type Large / Multi-Portion

Product Name Root Vegetable Medley

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	291kj	233kj
Energy (kcal)	69kcal	55kcal
Fat	2.1g	1.7g
Saturated	0.3g	0.2g
Monounsaturated	2.4g	1.9g
Polyunsaturated	3.4g	2.7g
Carbohydrate	10g	8.2g
of which sugars	5.9g	4.7g
Fibre	2.8g	2.2g
Protein	1.0g	0.8g
Sodium	20mg	16mg
Salt equivalent	0.05g	0.04g
Potassium	280mg	224mg

Ingredient Declaration

carrot, parsnip, sweet potato, swede, red onion, water, agave syrup, olive oil, thyme, caramelised sugar, maltodextrin.

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	
		Garlic	✓	Garlic	
Healthier Choice		Lupin	✓	Gluten	✓
Vegan	✓	Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft		Mollusc	✓	Mollusc	
Reduced Sugars		Mushroom	✓	Mushroom	
Low Sugars		Mustard	✓	Mustard	
2 of 5 a Day		Nuts	✓	Nuts	
3 of 5 a Day		Onion	✓	Onion	
Reducing		Peanut	✓	Peanuts	
High Protein		Sesame	✓	Soya	
Easy Chew		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Tomato	✓	Tomato	
SourceFibre		Yeast	✓	Yeast	
SourceOfProtein		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Lid on, with corners lifted. Cook from frozen.

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

Product Code 328949

Weight240g

Product Type Small / Twin

Product NameRoot Vegetable Medley

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	291kj	233kj
Energy (kcal)	69kcal	55kcal
Fat	2.1g	1.7g
Saturated	0.3g	0.2g
Monounsaturated	2.4g	1.9g
Polyunsaturated	3.4g	2.7g
Carbohydrate	10g	8.2g
of which sugars	5.9g	4.7g
Fibre	2.8g	2.2g
Protein	1.0g	0.8g
Sodium	20mg	16mg
Salt equivalent	0.05g	0.04g
Potassium	280mg	224mg

Ingredient Declaration

carrot, parsnip, sweet potato, swede, red onion, water, agave syrup, olive oil, thyme, caramelised sugar, maltodextrin.

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	
		Garlic	✓	Garlic	
Healthier Choice		Lupin	✓	Gluten	✓
Vegan	✓	Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft		Mollusc	✓	Mollusc	
Reduced Sugars		Mushroom	✓	Mushroom	
Low Sugars		Mustard	✓	Mustard	
2 of 5 a Day		Nuts	✓	Nuts	
3 of 5 a Day		Onion	✓	Onion	
Reducing		Peanut	✓	Peanuts	
High Protein		Sesame	✓	Soya	
Easy Chew		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Tomato	✓	Tomato	
SourceFibre		Yeast	✓	Yeast	
SourceOfProtein		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Cook with corners lifted. Cook from frozen.

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