



# Product Information Sheet

**Product Code** 324824

**Weight** 1120g

**Product Type** Large / Multi-Portion

**Product Name** Rice Pudding

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	430kj	601kj
Energy (kcal)	102kcal	143kcal
Fat	2.6g	3.7g
Saturated	1.1g	1.5g
Monounsaturated	1.1g	1.6g
Polyunsaturated	0.4g	0.5g
Carbohydrate	17g	24g
of which sugars	8.6g	12g
Fibre	<0.5g	0.7g
Protein	2.5g	3.5g
Sodium	31mg	44mg
Salt equivalent	0.08g	0.11g
Potassium	136mg	190mg

## Ingredient Declaration

water, short grain rice (8%), sugar, skimmed milk powder, vegetable oils (palm, rapeseed), modified starch, stabiliser (hydroxypropyl methyl cellulose).

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 with lid on. Cook from frozen.

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

**Product Code** 328824**Weight** 420g**Product Type** Small / Twin**Product Name** Chef's Rice Pudding**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	430kj	601kj
Energy (kcal)	102kcal	143kcal
Fat	2.6g	3.7g
Saturated	1.1g	1.5g
Monounsaturated	1.1g	1.6g
Polyunsaturated	0.4g	0.5g
Carbohydrate	17g	24g
of which sugars	8.6g	12g
Fibre	<0.5g	0.7g
Protein	2.5g	3.5g
Sodium	31mg	44mg
Salt equivalent	0.08g	0.11g
Potassium	136mg	190mg

**Ingredient Declaration**

water, short grain rice (8%), sugar, skimmed milk powder, vegetable oils (palm, rapeseed), modified starch, stabiliser (hydroxypropyl methyl cellulose).

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 with lid on. Cook from frozen.

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

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