

# Product Information Sheet

Product Code 324600

Weight 1320g

Product Type Large / Multi-Portion

Product Name Sausages In Onion Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	469kj	1032kj
Energy (kcal)	112kcal	247kcal
Fat	5.6g	12g
Saturated	1.7g	3.8g
Monounsaturated	2.6g	5.7g
Polyunsaturated	1.1g	2.4g
Carbohydrate	9.3g	21g
of which sugars	3.4g	7.6g
Fibre	0.6g	1.4g
Protein	5.7g	13g
Sodium	346mg	760mg
Salt equivalent	0.86g	1.9g
Potassium	161mg	355mg

## Ingredient Declaration

water, cooked pork (20%), onion (9%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), tomato puree, modified starch, sugar, pork fat, rapeseed oil, salt, dextrose, dried leek, **wheat** starch, caramelised sugar, yeast extract, roast chicken carcass, onion powder, beef collagen casing, **wheat** protein, pepper, dried parsley, thyme, ground mace, ground nutmeg, cornflour, carrot juice concentrate, leek juice concentrate.

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 328600

Weight 440g

Product Type Small / Twin

Product Name Sausages in Onion Gravy

#### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	469kJ	1032kJ
Energy (kcal)	112kcal	247kcal
Fat	5.6g	12g
Saturated	1.7g	3.8g
Monounsaturated	2.6g	5.7g
Polyunsaturated	1.1g	2.4g
Carbohydrate	9.3g	21g
of which sugars	3.4g	7.6g
Fibre	0.6g	1.4g
Protein	5.7g	13g
Sodium	346mg	760mg
Salt equivalent	0.86g	1.9g
Potassium	161mg	355mg

#### Ingredient Declaration

water, cooked pork (20%), onion (9%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), tomato puree, modified starch, sugar, pork fat, rapeseed oil, salt, dextrose, dried leek, **wheat** starch, caramelised sugar, yeast extract, roast chicken carcass, onion powder, beef collagen casing, **wheat** protein, pepper, dried parsley, thyme, ground mace, ground nutmeg, cornflour, carrot juice concentrate, leek juice concentrate.

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)**

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