

Product Information Sheet

Product Code 324754

Weight 480g

Product Type Large / Multi-Portion
Product Name Croquette Potatoes

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	812kJ	487kJ
Energy (kcal)	194kcal	116kcal
Fat	8.7g	5.2g
Saturated	0.9g	0.5g
Monounsaturated	6.0g	3.6g
Polyunsaturated	1.5g	0.9g
Carbohydrate	25g	15g
of which sugars	1.0g	0.6g
Fibre	3.0g	1.8g
Protein	2.4g	1.4g
Sodium	528mg	317mg
Salt equivalent	1.3g	0.79g
Potassium	360mg	216mg

Ingredient Declaration

potato (80%), dried potato (9%), sunflower oil, salt, dextrose, starch, stabiliser (hydroxypropyl methyl cellulose), onion powder, natural flavouring, ground turmeric.

Made Without Free From Diet Coding 1 of 5 a Day Alcohol Alcohol Beef **Energy Dense** Beef Gluten Free Celery Celery Cheese Low Fat Cheese Crustacean Low Salt Crustacean Egg & egg derivatives Vegetarian Egg & Egg Derivatives Fish Low Saturated Fish Fat Garlic Garlic **Healthier Choice** Gluten Lupin Vegan Milk & milk derivatives Milk & Milk Soft Mollusc **Derivatives Reduced Sugars** Mushroom Mollusc **Low Sugars** Mustard Mushroom 2 of 5 a Day Nuts Mustard 3 of 5 a Day Onion Nuts Peanuts Reducing Onion High Protein Soya Peanut Sulphur dioxide/sulphites **Easy Chew** >10mg/kg Sesame Free From Milk Soya **Tomato** SourceFibre Yeast SourceOfProtein **Tomato** Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Oats

Cooking Guidelines (all ovens may vary)

Cook with lid off. Cook from frozen.

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

Product Code 328754

Weight 120g

Product Type Small / Twin

Product Name Potato Croquettes

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	812kJ	487kJ
Energy (kcal)	194kcal	116kcal
Fat	8.7g	5.2g
Saturated	0.9g	0.5g
Monounsaturated	6.0g	3.6g
Polyunsaturated	1.5g	0.9g
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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	<u> </u>	Egg & egg derivatives	
Low Saturated		Fish	\ <u>'</u>	Fish	
Fat		Garlic	\ <u>'</u>	Garlic	
Healthier Choice		Lupin	_	Gluten	
Vegan	/	Milk & Milk		Milk & milk derivatives	
Soft		Derivatives	/	Mollusc	
Reduced Sugars		- Mollusc		Mushroom	
Low Sugars		Mushroom	_ /	Mustard	
2 of 5 a Day		Mustard		Nuts	
3 of 5 a Day		Nuts	\ <u>\</u>	Onion	
Reducing			\ <u>\</u>	Peanuts	
High Protein		Onion	\ <u>\</u>	Soya	
Easy Chew		Peanut	 	Sulphur dioxide/sulphites	
Free From Milk		Sesame	//	>10mg/kg	
SourceFibre		Soya		Tomato	
SourceOfProtein		Tomato	/	Yeast	
		Yeast	/		
		Almond	/		
		Brazil	/		
		Cashew	/		
		Hazlenut	/		
		Macadamia	/		
		Pecan		•	
		Pistachio	1/		
		Queensland	\ <u>`</u>		
		Walnut	\ \ /		
		Wheat	\ <u>\</u>		
		Rye			
		Barley			
		Oats			
		Oats			

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