



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.

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 off. Cook from frozen.

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

Product Code 328754
Product Type Small / Twin
Product Name Potato Croquettes

Weight 120g

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.

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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