

# Product Information Sheet

Product Code 324508

Weight 1410g

Product Type Large / Multi-Portion

Product Name Tuna Pasta Bake

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	548kj	1288kj
Energy (kcal)	131kcal	307kcal
Fat	5.6g	13g
Saturated	1.1g	2.5g
Monounsaturated	3.0g	7.1g
Polyunsaturated	1.4g	3.3g
Carbohydrate	13g	31g
of which sugars	2.7g	6.5g
Fibre	0.6g	1.5g
Protein	6.4g	15g
Sodium	161mg	378mg
Salt equivalent	0.40g	0.95g
Potassium	195mg	459mg

## Ingredient Declaration

water, tomato, tuna (**fish**) (12%), durum **wheat** semolina, vegetable oils (rapeseed, palm), onion, skimmed **milk** powder, cheese (**milk**), modified starch, tomato puree, salt, sugar, basil, garlic, pea protein, pepper, starch, cornflour, dried onion, yeast extract, dried carrot, dried leek, dried tomato, ground turmeric, dried thyme, ground bay leaf.

## Warnings:

- ⚠ May contain soya.
- ⚠ May contain bones.

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. Always cook from frozen.

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

**Product Code** 328508  
**Product Type** Small / Twin  
**Product Name** Tuna Pasta Bake

**Weight** 470g

**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	546kj	1284kj
Energy (kcal)	130kcal	306kcal
Fat	5.6g	13g
Saturated	1.0g	2.4g
Monounsaturated	3.0g	7.1g
Polyunsaturated	1.4g	3.3g
Carbohydrate	13g	31g
of which sugars	2.7g	6.5g
Fibre	0.6g	1.5g
Protein	6.4g	15g
Sodium	160mg	375mg
Salt equivalent	0.40g	0.94g
Potassium	196mg	460mg

**Ingredient Declaration**

water, tomato, tuna (**fish**) (12%), durum **wheat** semolina, vegetable oils (rapeseed, palm), onion, skimmed **milk** powder, modified starch, cheese (**milk**), tomato puree, salt, sugar, basil, garlic, pea protein, pepper, starch, cornflour, dried onion, yeast extract, dried carrot, dried leek, dried tomato, ground turmeric, dried thyme, ground bay leaf.

**Warnings:**

- ⚠ May contain soya.
- ⚠ May contain bones.

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

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