

# Product Information Sheet

Product Code 324423

Weight 1360g

Product Type Large / Multi-Portion

Product Name Chicken Curry

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	430kj	732kj
Energy (kcal)	102kcal	174kcal
Fat	3.1g	5.2g
Saturated	0.6g	1.0g
Monounsaturated	1.3g	2.2g
Polyunsaturated	0.6g	1.0g
Carbohydrate	9.0g	15g
of which sugars	5.1g	8.7g
Fibre	0.8g	1.4g
Protein	9.3g	16g
Sodium	263mg	447mg
Salt equivalent	0.66g	1.1g
Potassium	236mg	402mg

## Ingredient Declaration

cooked chicken (36%), water, onion, tomato, tomato puree, apple, cornflour, mango chutney [sugar, mango, salt, vinegar, spices (paprika, chilli), thickener (pectin)], sultanas, peppers, vegetable oils (rapeseed, sunflower), ground spices (cumin, turmeric, coriander, pepper, **mustard**, fenugreek, ginger, clove, fennel), sugar, salt, starch, lemon juice from concentrate, garlic, ginger, caramelised sugar, garlic powder.

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 from frozen. Lid on.

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

Product Code 328423

Weight 340g

Product Type Small / Twin

Product Name Chicken Curry

#### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	430kj	732kj
Energy (kcal)	102kcal	174kcal
Fat	3.1g	5.2g
Saturated	0.6g	1.0g
Monounsaturated	1.3g	2.2g
Polyunsaturated	0.6g	1.0g
Carbohydrate	9.0g	15g
of which sugars	5.1g	8.7g
Fibre	0.8g	1.4g
Protein	9.3g	16g
Sodium	263mg	447mg
Salt equivalent	0.66g	1.1g
Potassium	236mg	402mg

#### Ingredient Declaration

cooked chicken (36%), water, onion, tomato, tomato puree, apple, cornflour, mango chutney [sugar, mango, salt, vinegar, spices (paprika, chilli), thickener (pectin)], sultanas, peppers, vegetable oils (rapeseed, sunflower), ground spices (cumin, turmeric, coriander, pepper, **mustard**, fenugreek, ginger, cloves, fennel), sugar, salt, starch, lemon juice from concentrate, garlic, ginger, caramelised sugar, garlic powder.

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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