



Product Information Sheet

Product Code 217353

Weight 480g

Product Type Individual

Product Name Level 4 Purée Classic Turkey in Gravy

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	440kj	2112kj
Energy (kcal)	105kcal	505kcal
Fat	5.0g	24g
Saturated	0.6g	3.1g
Monounsaturated	2.7g	13g
Polyunsaturated	1.6g	7.5g
Carbohydrate	9.7g	46g
of which sugars	2.1g	10g
Fibre	1.8g	8.7g
Protein	4.5g	21g
Sodium	115mg	550mg
Salt equivalent	0.29g	1.4g
Potassium	181mg	867mg

Ingredient Declaration

water, poultry stock, turkey (13%), carrot, swede, MILK, onion, rapeseed oil, dried potato, carrot juice, starch, maltodextrin, thickeners (methyl cellulose, xanthan gum, guar gum), citrus fibres, sugar, tomato puree, natural flavourings, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), lemon juice, salt, pea fibres, caramelised sugar, concentrated onion juice, chicken fat, sunflower oil, nutmeg, sage, iodised salt, pepper, yeast extract, 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 from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Once cooked do not reheat. Microwave - cook on HALF POWER

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

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