



# Product Information Sheet

**Product Code** 217367

**Weight** 480g

**Product Type** Individual

**Product Name** Level 4 Purée Classic Fish in Creamy Sauce

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	447kj	2143kj
Energy (kcal)	106kcal	511kcal
Fat	4.0g	19g
Saturated	1.5g	7.1g
Monounsaturated	1.7g	8.2g
Polyunsaturated	0.8g	3.8g
Carbohydrate	12g	59g
of which sugars	3.3g	16g
Fibre	1.6g	7.8g
Protein	4.4g	21g
Sodium	108mg	516mg
Salt equivalent	0.27g	1.3g
Potassium	232mg	1115mg

## Ingredient Declaration

**MILK** (30%), Alaska pollock (**FISH**) (16%), water, carrot (13%), carrot juice, dried potato (4%), maltodextrin, cream (**MILK**) (3%), rapeseed oil, onion, pea starch, **FISH** stock, maize starch, lemon juice, thickeners (methyl cellulose, xanthan gum, guar gum), citrus fibres, sugar, natural flavouring, salt, **WHEAT** flour, pea fibres, emulsifier (mono- and diglycerides of fatty acids), pepper, garden lovage, nutmeg, 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)**

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF POWER

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

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