



# Product Information Sheet

**Product Code** 217392

**Weight** 480g

**Product Type** Individual

**Product Name** Level 4 Purée Classic Mediterranean Vegetable Pasta

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	397kj	1906kj
Energy (kcal)	95kcal	455kcal
Fat	4.1g	20g
Saturated	0.5g	2.5g
Monounsaturated	2.6g	12g
Polyunsaturated	1.0g	4.8g
Carbohydrate	9.9g	48g
of which sugars	1.9g	9.3g
Fibre	2.0g	9.5g
Protein	3.5g	17g
Sodium	138mg	662mg
Salt equivalent	0.34g	1.7g
Potassium	166mg	797mg

## Ingredient Declaration

water, peas (12%), tomato (8%), dried potato (4.5%), tomato puree, WHEAT protein, rapeseed oil, onion, WHEAT semolina (2%), olive oil, waxy maize starch, maltodextrin, pea starch, carrot, thickener (methyl cellulose), salt, citrus fibres, sugar, WHEAT flour, garlic, natural flavourings, BARLEY malt extract, basil, emulsifier (mono- and diglycerides of fatty acids), rosemary, lemon juice, marjoram, pepper, thyme, nutmeg, yeast extract, turmeric.

## Warnings:

⚠ Produced in Germany using vegetables and pasta of EU and non-EU origin.

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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