



Product Information Sheet

Product Code 217350

Weight 200g

Product Type Individual

Product Name Level 4 Puréed Porridge

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	639kj	1279kj
Energy (kcal)	153kcal	306kcal
Fat	7.8g	16g
Saturated	2.5g	4.9g
Monounsaturated	3.6g	7.1g
Polyunsaturated	1.5g	3.1g
Carbohydrate	17g	34g
of which sugars	7.8g	16g
Fibre	1.3g	2.5g
Protein	3.1g	6.1g
Sodium	48mg	97mg
Salt equivalent	0.12g	0.24g
Potassium	170mg	340mg

Ingredient Declaration

water, **oatmeal** (12%), cream (**milk**) (11%), sugar, vegetable oils (rapeseed, palm), skimmed **milk** powder, modified starch, stabiliser (hydroxypropyl methyl cellulose), salt.

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. Pierce film lid. Ensure food is piping hot before serving. Once cooked do not reheat. Stir before serving. Microwave - cook on HALF POWER.

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

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