



# Product Information Sheet

Product Code 217357

Weight 345g

Product Type Individual

Product Name Level 4 Purée Lamb in Mint Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	651kj	2248kj
Energy (kcal)	157kcal	541kcal
Fat	11g	37g
Saturated	1.6g	5.7g
Monounsaturated	5.9g	20g
Polyunsaturated	3.3g	11g
Carbohydrate	8.2g	28g
of which sugars	1.9g	6.5g
Fibre	1.9g	6.6g
Protein	5.7g	20g
Sodium	226mg	781mg
Salt equivalent	0.57g	2.0g
Potassium	196mg	677mg

## Ingredient Declaration

water, cooked lamb (13%), vegetable oils (rapeseed, sunflower), carrot, dried potato, swede, **soya** protein, modified starch, emulsifiers (**soya** lecithin, mono- and diglycerides of fatty acids), starch, **soya** beans, carrot juice concentrate, tomato puree, inulin, thickeners (methyl cellulose, xanthan gum, guar gum), onion, maltodextrin, carrot juice, sugar, lemon juice, salt, caramelised sugar, natural flavourings (contains yeast extract), onion powder, dried mint, yeast extract, roast lamb bone, garlic, stabiliser (methyl cellulose), concentrated onion juice, pea fibres, pepper, cornflour, citrus fibres, turmeric, rosemary, nutmeg, leek juice concentrate, rosemary extract.

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. Ensure food is piping hot before serving. Once cooked do not reheat.

For microwave - Cook on HALF POWER

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

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084