



Product Information Sheet

Product Code 217394

Weight 480g

Product Type Individual

Product Name Level 4 Purée Classic Vegetable Curry

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	375kj	1801kj
Energy (kcal)	90kcal	430kcal
Fat	3.6g	17g
Saturated	0.4g	1.7g
Monounsaturated	2.0g	9.7g
Polyunsaturated	1.2g	5.6g
Carbohydrate	10g	49g
of which sugars	2.5g	12g
Fibre	1.9g	9.3g
Protein	3.2g	15g
Sodium	110mg	528mg
Salt equivalent	0.27g	1.3g
Potassium	168mg	809mg

Ingredient Declaration

water, parsnip, rapeseed oil, onion, dried potato, cauliflower (3%), **WHEAT** protein, carrot (2.5%), tomato puree, tomato, peas (1.5%), swede (1.1%), broccoli (1.1%), maize starch, sugar, pea starch, mango, thickeners (methyl cellulose, xanthan gum, guar gum), maltodextrin, natural flavourings, citrus fibres, salt, **BARLEY** malt extract, cumin, lemon juice, coriander, yeast extract, cardamom, ginger, garlic, chilli, spirit vinegar, emulsifier (mono- and diglycerides of fatty acids), turmeric, paprika, cane vinegar, cloves, caramelised sugar, pepper, nutmeg.

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		Tomato		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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