



Product Information Sheet

Product Code 217396

Weight 480g

Product Type Individual

Product Name Level 4 Purée Classic Cheese Omelette

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	492kj	2363kj
Energy (kcal)	118kcal	566kcal
Fat	6.4g	31g
Saturated	2.7g	13g
Monounsaturated	2.6g	12g
Polyunsaturated	1.0g	5.0g
Carbohydrate	9.8g	47g
of which sugars	2.2g	11g
Fibre	1.2g	5.9g
Protein	4.6g	22g
Sodium	105mg	504mg
Salt equivalent	0.26g	1.3g
Potassium	165mg	793mg

Ingredient Declaration

water, **MILK**, **EGG**, dried potato (4%), white beans (3.5%), Emmental cheese (**MILK**) (3%), tomato, Cheddar cheese (**MILK**) (2.5%), rapeseed oil, cream (**MILK**), starch, onion, tomato puree, **EGG** yolk, carrot juice, sugar, citrus fibres, natural flavourings (with **MILK**), thickener (methyl cellulose), salt, spirit vinegar, garlic, yeast extract, emulsifier (mono- and diglycerides of fatty acids), nutmeg, acid (acetic acid), pepper, lemon juice, herbs, 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	
		Garlic		Garlic	
Healthier Choice		Lupin	✓	Gluten	✓
Vegan		Milk & Milk Derivatives		Milk & milk derivatives	
Soft				Mollusc	
Reduced Sugars		Mollusc	✓	Mushroom	
Low Sugars	✓	Mushroom	✓	Mustard	
2 of 5 a Day		Mustard	✓	Nuts	
3 of 5 a Day		Nuts	✓	Onion	
Reducing		Onion		Peanuts	
High Protein	✓	Peanut	✓	Soya	
Easy Chew		Sesame	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Soya	✓	Tomato	
SourceFibre		Tomato		Yeast	
SourceOfProtein		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.

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

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