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Product Information Sheet

Product Code 217112

Weight 410g

Product Type Individual

Product Name Level 5 Macaroni Cheese

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	430kJ	1762kJ
Energy (kcal)	103kcal	421kcal
Fat	4.5g	19g
Saturated	1.8g	7.4g
Monounsaturated	1.8g	7.3g
Polyunsaturated	0.7g	3.0g
Carbohydrate	11g	44g
of which sugars	2.2g	8.9g
Fibre	1.2g	4.8g
Protein	4.1g	17g
Sodium	143mg	585mg
Salt equivalent	0.36g	1.5g
Potassium	148mg	608mg

Ingredient Declaration

water, potato, broccoli, durum **wheat** semolina (8%), carrot, swede, dried **milk**, Regato cheese (**milk**) (2.5%), Cheddar cheese (**milk**) (2%), rapeseed oil, cornflour, butter (**milk**), salt, **mustard** powder, starch, pepper.

Warnings:

⚠ Prepared to meet level 5 for adults.

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Energy Dense Beef	Diet Coding		Made Without		Free From	
Gluten Free Celery Celery Cheese Cheese	1 of 5 a Day	/	Alcohol	/	Alcohol	
Low Fat Cheese Cheese Cheese Cow Salt Crustacean Crustacean Crustacean Crustacean Crustacean Egg & egg derivatives Fish Garlic Gluten Choice Vegan Milk & Milk Derivatives Mollusc Mushroom Mustard Mustard Onion	Energy Dense		Beef	/	Beef	
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Pistachio Queensland Walnut Wheat Rye Barley			Macadamia	/		
Queensland Walnut Wheat Rye Barley			Pecan	/		
Walnut Wheat Rye Barley			Pistachio	/		
Wheat Rye Barley			Queensland	/		
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Rye Barley			Wheat	+ -		
Barley			Rye			
				1/		
			Oats	/		

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Cooking Guidelines (all ovens may vary)

Cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Once cooked do not reheat. Stir before serving.

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

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