



# Product Information Sheet

**Product Code** 217129

**Weight** 400g

**Product Type** Individual

**Product Name** Level 5 Turkey in Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	346kj	1386kj
Energy (kcal)	83kcal	330kcal
Fat	3.0g	12g
Saturated	0.3g	1.2g
Monounsaturated	1.7g	6.7g
Polyunsaturated	0.9g	3.6g
Carbohydrate	6.7g	27g
of which sugars	1.3g	5.0g
Fibre	2.0g	7.8g
Protein	6.3g	25g
Sodium	167mg	670mg
Salt equivalent	0.42g	1.7g
Potassium	211mg	845mg

## Ingredient Declaration

water, cooked turkey (18%), potato, carrot, sprouts, rapeseed oil, cornflour, onion, stabilisers (methyl cellulose, triphosphates), salt, dried potato, pea protein, starch, yeast extract, caramelised sugar, pepper, natural flavouring, chicken stock.

## Warnings:

- ⚠ \*turkey with added water
- ⚠ May contain soya.
- ⚠ Prepared to meet level 5 for adults.

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)**

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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