



Product Information Sheet

Product Code 217212

Weight 370g

Product Type Individual

Product Name Level 5 Salmon in Dill Sauce

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	501kj	1854kj
Energy (kcal)	120kcal	444kcal
Fat	7.0g	26g
Saturated	1.7g	6.5g
Monounsaturated	3.4g	12g
Polyunsaturated	1.7g	6.3g
Carbohydrate	8.0g	30g
of which sugars	2.6g	9.8g
Fibre	1.3g	4.7g
Protein	5.7g	21g
Sodium	114mg	422mg
Salt equivalent	0.29g	1.1g
Potassium	231mg	855mg

Ingredient Declaration

water, potato, broccoli, carrot, salmon (**fish**) (9%), concentrated skimmed **milk**, vegetable oils (rapeseed, palm, sunflower), cream (**milk**), tomato puree, **fish** stock, butter (**milk**), skimmed **milk** powder, **milk** protein, salmon (**fish**) oil, **soya** protein, pea protein, cornflour, starch, stabiliser (methyl cellulose), lemon juice, dried potato, thickeners (methyl cellulose, xanthan gum, guar gum), emulsifier (**soya** lecithin), dill, dried **milk**, salt, natural flavourings (contains yeast extract), garlic, yeast extract, onion powder, pepper, natural flavouring (contains **fish**).

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		Milk & milk derivatives		Gluten	✓
Soft		Mollusc	✓	Milk & milk derivatives	
Reduced Sugars		Mushroom	✓	Mollusc	
Low Sugars	✓	Mustard	✓	Mushroom	
2 of 5 a Day		Nuts	✓	Mustard	
3 of 5 a Day		Onion		Nuts	
Reducing		Peanuts	✓	Onion	
High Protein		Soya		Peanuts	
Easy Chew		Tomato		Soya	
Free From Milk		Yeast		Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Lupin	✓	Tomato	
SourceOfProtein		Sesame	✓	Yeast	

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 only the sauce before serving. Microwave - cook on HALF power.

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

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