



Product Information Sheet

Product Code 217378

Weight 480g

Product Type Individual

Product Name Level 4 Purée Classic Pork & Apple Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	436kj	2092kj
Energy (kcal)	104kcal	501kcal
Fat	5.7g	27g
Saturated	1.1g	5.2g
Monounsaturated	3.3g	16g
Polyunsaturated	1.3g	6.3g
Carbohydrate	8.3g	40g
of which sugars	2.1g	10g
Fibre	1.6g	7.6g
Protein	4.2g	20g
Sodium	123mg	588mg
Salt equivalent	0.31g	1.5g
Potassium	164mg	789mg

Ingredient Declaration

water, pork (19%), parsnip (12%), carrot, apple puree (4.5%), dried potato (3%), rapeseed oil, maize starch, pea starch, natural flavourings, sugar, thickeners (methyl cellulose, xanthan gum, guar gum), caramelised sugar, citrus fibres, salt, maltodextrin, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), lemon juice, yeast extract, iodised salt, turmeric, nutmeg, pepper.

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)

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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