



Product Information Sheet

Product Code 217093

Weight 275g

Product Type Individual

Product Name Level 4 Purée Petite Steak & Chips

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	786kj	2160kj
Energy (kcal)	189kcal	519kcal
Fat	13g	35g
Saturated	1.8g	5.1g
Monounsaturated	7.2g	20g
Polyunsaturated	4.0g	11g
Carbohydrate	9.6g	26g
of which sugars	2.5g	7.0g
Fibre	2.1g	5.8g
Protein	7.5g	21g
Sodium	277mg	761mg
Salt equivalent	0.69g	1.9g
Potassium	271mg	745mg

Ingredient Declaration

beef stock, beef (15%), peas, potato, rapeseed oil, water, **SOYA** protein, onion, tomato puree, emulsifier (**SOYA** lecithin), thickeners (methyl cellulose, xanthan gum, guar gum), starch, maltodextrin, honey, natural flavourings (contains yeast extract), sunflower oil, iodised salt, caramelised sugar, **WHEAT** flour, sugar, garlic, spirit vinegar, dextrose, paprika, Brazilian pepper, **BARLEY** malt extract, lemon juice, turmeric, pepper, citrus fibres, herbs.

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
SourceFibre		Lupin	>10mg/kg
SourceOfProtein		Sesame	✓ Tomato
			✓ Yeast

Cooking Guidelines (all ovens may vary)

Cook from frozen. Cook until piping hot. Once cooked do not reheat.

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

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084