



# Product Information Sheet

**Product Code** 217343

**Weight** 395g

**Product Type** Individual

**Product Name** Level 6 Ham in Parsley Sauce

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	391kj	1545kj
Energy (kcal)	94kcal	370kcal
Fat	5.0g	20g
Saturated	2.4g	9.5g
Monounsaturated	1.8g	7.0g
Polyunsaturated	0.6g	2.3g
Carbohydrate	7.5g	30g
of which sugars	2.4g	9.5g
Fibre	1.2g	4.7g
Protein	4.0g	16g
Sodium	177mg	700mg
Salt equivalent	0.44g	1.7g
Potassium	182mg	717mg

## Ingredient Declaration

water, potato, cooked formed pork (13%), carrot, swede, butter (**milk**), cream (**milk**), vegetable oils (rapeseed, palm, sunflower), cornflour, skimmed **milk** powder, parsley, dextrose, stabilisers (hydroxypropyl methyl cellulose, diphosphates, triphosphates), salt, dried **milk**, garlic, lemon juice from concentrate, yeast extract, natural flavourings, antioxidant (sodium ascorbate), dried onion, glucose syrup, dried leek, sugar, smoke flavourings, dried carrot, ground bay leaf, pepper, gelling agent (processed eucheuma seaweed), dried tomato, ground turmeric, preservative (sodium nitrite), dried thyme.

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 ham and mashed potato before serving.

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

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