



Product Information Sheet

Product Code 217108

Weight 400g

Product Type Individual

Product Name Level 5 Pork Casserole

Nutrition (as consumed)

| | Quantity Units (per 100g) | Quantity Units (per portion) |
|-----------------|---------------------------|------------------------------|
| Energy (kj) | 527kj | 2106kj |
| Energy (kcal) | 126kcal | 505kcal |
| Fat | 6.3g | 25g |
| Saturated | 1.3g | 5.2g |
| Monounsaturated | 3.4g | 13g |
| Polyunsaturated | 1.6g | 6.3g |
| Carbohydrate | 11g | 44g |
| of which sugars | 1.7g | 6.9g |
| Fibre | 2.2g | 8.8g |
| Protein | 5.2g | 21g |
| Sodium | 111mg | 442mg |
| Salt equivalent | 0.28g | 1.1g |
| Potassium | 277mg | 1109mg |

Ingredient Declaration

pork (21%), potato, water, cauliflower, sprouts, maltodextrin, rapeseed oil, onion, modified starch, carrot, swede, stabilisers (methyl cellulose, cellulose), butter (**milk**), dried potato, caramelised sugar, salt, dried **milk**, roast chicken carcass, pepper, sugar, yeast extract, cornflour, tomato puree, carrot juice concentrate, leek juice concentrate.

| 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. Once cooked do not reheat. Stir before serving.

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

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