



Product Information Sheet

Product Code 217104

Weight 400g

Product Type Individual

Product Name L5 Salmon Supreme

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	411kj	1645kj
Energy (kcal)	98kcal	393kcal
Fat	4.4g	17g
Saturated	0.8g	3.1g
Monounsaturated	2.2g	8.9g
Polyunsaturated	1.3g	5.2g
Carbohydrate	8.4g	34g
of which sugars	3.3g	13g
Fibre	2.1g	8.3g
Protein	5.3g	21g
Sodium	111mg	444mg
Salt equivalent	0.28g	1.1g
Potassium	239mg	957mg

Ingredient Declaration

water, potato, salmon (**fish**) (16%), carrot, broccoli, **milk** proteins, vegetable oils (rapeseed, sunflower), cornflour, onion, stabiliser (methyl cellulose), tomato puree, yeast extract, parsley, salt, **fish** stock, natural flavouring (contains **fish**), 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)

Cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Once cooked do not reheat. Stir before serving.

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

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