



Product Information Sheet

Product Code 324756

Weight 720g

Product Type Large / Multi-Portion

Product Name Peas

Nutrition (as consumed)

| | Quantity Units (per 100g) | Quantity Units (per portion) |
|-----------------|---------------------------|------------------------------|
| Energy (kj) | 329kj | 296kj |
| Energy (kcal) | 78kcal | 70kcal |
| Fat | 0.9g | 0.8g |
| Saturated | 0.2g | 0.2g |
| Monounsaturated | 0.1g | <0.1g |
| Polyunsaturated | 0.5g | 0.5g |
| Carbohydrate | 9.3g | 8.4g |
| of which sugars | 2.6g | 2.3g |
| Fibre | 5.1g | 4.6g |
| Protein | 5.7g | 5.1g |
| Sodium | 3mg | 3mg |
| Salt equivalent | <0.01g | <0.01g |
| Potassium | 230mg | 207mg |

Ingredient Declaration

peas.

| 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 | ✓ | Lupin | ✓ | Gluten | ✓ |
| Soft | | Milk & Milk Derivatives | ✓ | Milk & milk derivatives | |
| Reduced Sugars | | Mollusc | ✓ | Mollusc | |
| Low Sugars | | Mushroom | ✓ | Mushroom | |
| 2 of 5 a Day | | Mustard | ✓ | Mustard | |
| 3 of 5 a Day | | Nuts | ✓ | Nuts | |
| Reducing | | Onion | ✓ | Onion | |
| High Protein | | Peanut | ✓ | Peanuts | |
| Easy Chew | | Sesame | ✓ | Soya | |
| Free From Milk | | Soya | ✓ | Sulphur dioxide/sulphites >10mg/kg | ✓ |
| SourceFibre | | Tomato | ✓ | Tomato | |
| SourceOfProtein | | Yeast | ✓ | Yeast | |
| | | Almond | ✓ | | |
| | | Brazil | ✓ | | |
| | | Cashew | ✓ | | |
| | | Hazlenut | ✓ | | |
| | | Macadamia | ✓ | | |
| | | Pecan | ✓ | | |
| | | Pistachio | ✓ | | |
| | | Queensland | ✓ | | |
| | | Walnut | ✓ | | |
| | | Wheat | | | |
| | | Rye | | | |
| | | Barley | | | |
| | | Oats | | | |

Cooking Guidelines (all ovens may vary)

Cook with lid on. Cook from frozen.

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

Product Code 328756**Weight**270g**Product Type** Small / Twin**Product Name** Peas**Nutrition (as consumed)**

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| Low Saturated Fat | | Fish | ✓ | Fish | |
| Healthier Choice | ✓ | Garlic | ✓ | Garlic | |
| Vegan | ✓ | Lupin | ✓ | Gluten | ✓ |
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| SourceOfProtein | | Yeast | ✓ | Yeast | |
| | | Almond | ✓ | | |
| | | Brazil | ✓ | | |
| | | Cashew | ✓ | | |
| | | Hazlenut | ✓ | | |
| | | Macadamia | ✓ | | |
| | | Pecan | ✓ | | |
| | | Pistachio | ✓ | | |
| | | Queensland | ✓ | | |
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