



Product Information Sheet

Product Code 328603

Weight 180g

Product Type Small / Twin

Product Name Pigs in Blankets

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1394kj	418kj
Energy (kcal)	335kcal	101kcal
Fat	24g	7.1g
Saturated	8.5g	2.6g
Monounsaturated	10g	3.0g
Polyunsaturated	4.0g	1.2g
Carbohydrate	12g	3.5g
of which sugars	0.8g	0g
Fibre	1.1g	0g
Protein	18g	5.4g
Sodium	1421mg	426mg
Salt equivalent	3.6g	1.1g
Potassium	410mg	123mg

Ingredient Declaration

cooked pork (80%), pea flour, **egg** white, salt, starch, beef collagen casing, emulsifier (triphosphates), pepper, ground mace, ground nutmeg, preservatives (sodium **metabisulphite**, sodium nitrite, potassium nitrate), antioxidant (sodium ascorbate).

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. Always cook from frozen.

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