



Product Information Sheet

Product Code 328792

Weight 480g

Product Type Small / Twin

Product Name Sage & Onion Stuffing

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	589kj	354kj
Energy (kcal)	140kcal	84kcal
Fat	3.1g	1.8g
Saturated	0.7g	0.4g
Monounsaturated	1.3g	0.8g
Polyunsaturated	0.6g	0.4g
Carbohydrate	22g	13g
of which sugars	3.6g	2.2g
Fibre	2.0g	1.2g
Protein	5.5g	3.3g
Sodium	250mg	150mg
Salt equivalent	0.62g	0.37g
Potassium	133mg	80mg

Ingredient Declaration

water, onion (29%), breadcrumbs (**wheat** flour (with calcium carbonate, niacin, iron, thiamin), water, yeast, salt, **soya** flour, preservative (calcium propionate), emulsifiers (mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid)), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), dried **egg** powder, rapeseed oil, dried sage (1%), yeast extract, **wheat gluten**, salt, cornflour, pepper, thyme, dried onion, dried leek, sugar, dried carrot, dried tomato, ground turmeric, yeast, dried thyme, ground bay leaf.

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 off. Always cook from frozen.

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

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