



Product Information Sheet

Product Code 324209

Weight 1160g

Product Type Large / Multi-Portion

Product Name Wiltshire Ham with Orange & Cranberries

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	481kj	698kj
Energy (kcal)	114kcal	166kcal
Fat	3.2g	4.6g
Saturated	0.8g	1.2g
Monounsaturated	1.7g	2.4g
Polyunsaturated	0.4g	0.6g
Carbohydrate	9.4g	14g
of which sugars	7.0g	10g
Fibre	<0.5g	0.7g
Protein	12g	17g
Sodium	513mg	744mg
Salt equivalent	1.3g	1.9g
Potassium	194mg	281mg

Ingredient Declaration

cooked pork (50%), water, sugar, onion, cranberries (1.8%), dried cranberries (1.7%), orange juice concentrate (1.4%), modified starch, salt, tomato puree, vegetable oils (rapeseed, sunflower), brown sugar (sugar, cane molasses), honey, orange zest, caramelised sugar, roast chicken carcass, cornflour, antioxidant (sodium ascorbate), pepper, yeast extract, preservative (sodium nitrite), 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		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.

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084