



# Product Information Sheet

**Product Code** 227315

**Weight** 340g

**Product Type** Individual

**Product Name** Level 4 Purée Chicken Korma

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	661kj	2247kj
Energy (kcal)	159kcal	541kcal
Fat	12g	39g
Saturated	2.2g	7.3g
Monounsaturated	5.8g	20g
Polyunsaturated	3.5g	12g
Carbohydrate	6.5g	22g
of which sugars	1.7g	5.6g
Fibre	1.9g	6.5g
Protein	6.2g	21g
Sodium	210mg	713mg
Salt equivalent	0.52g	1.8g
Potassium	160mg	543mg

## Ingredient Declaration

water, broccoli (15%), chicken (15%), rapeseed oil, onion, coconut milk (coconut extract, water), rice, tomato, chicken fat, pea protein, pea starch, tomato puree, thickeners (methyl cellulose, xanthan gum, guar gum), modified maize starch, emulsifier (sunflower lecithin), honey, garlic, iodised salt, ginger, maize starch, rice protein, turmeric, sugar, yeast extract, natural flavourings, citrus fibres, lemon juice, cumin, pea fibres, coriander, cardamom, chilli, cinnamon, nutmeg, pepper, cloves, garden lovage.

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)**

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF power.

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