



Product Information Sheet

Product Code 324921

Weight 1500g

Product Type Large / Multi-Portion

Product Name Chana Masala

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	444kj	1111kj
Energy (kcal)	106kcal	265kcal
Fat	4.1g	10g
Saturated	0.3g	0.8g
Monounsaturated	2.2g	5.5g
Polyunsaturated	1.3g	3.3g
Carbohydrate	11g	28g
of which sugars	3.8g	9.5g
Fibre	2.3g	5.7g
Protein	4.9g	12g
Sodium	197mg	493mg
Salt equivalent	0.49g	1.2g
Potassium	339mg	848mg

Ingredient Declaration

chickpeas (33%), water, tomato puree, onion, vegetable oils (rapeseed, sunflower), peppers, coriander leaf, pea protein, ground cumin, garlic, ginger, modified starch, salt, ground coriander, cornflour, yeast extract, dried onion, dried leek, sugar, **mustard** powder, dried carrot, chilli powder, dried tomato, ground turmeric, pepper, dried thyme, ground bay leaf.

Warnings:

⚠ May contain soya.

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 from frozen. Lid on.

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

Product Code 328921
Product Type Small / Twin
Product Name Chana Masala

Weight 500g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	444kj	1111kj
Energy (kcal)	106kcal	265kcal
Fat	4.1g	10g
Saturated	0.3g	0.8g
Monounsaturated	2.2g	5.5g
Polyunsaturated	1.3g	3.3g
Carbohydrate	11g	28g
of which sugars	3.8g	9.5g
Fibre	2.3g	5.7g
Protein	4.9g	12g
Sodium	197mg	493mg
Salt equivalent	0.49g	1.2g
Potassium	339mg	848mg

Ingredient Declaration

chickpeas (33%), water, tomato puree, onion, vegetable oils (rapeseed, sunflower), peppers, coriander leaf, pea protein, ground cumin, garlic, ginger, modified starch, salt, ground coriander, cornflour, yeast extract, dried onion, dried leek, sugar, **mustard** powder, dried carrot, chilli powder, dried tomato, ground turmeric, pepper, dried thyme, ground bay leaf.

Warnings:

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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			

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