



# Product Information Sheet

Product Code 217105

Weight 410g

Product Type Individual

Product Name Level 5 Chicken Curry

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	548kj	2245kj
Energy (kcal)	131kcal	536kcal
Fat	5.1g	21g
Saturated	0.6g	2.6g
Monounsaturated	2.9g	12g
Polyunsaturated	1.4g	5.9g
Carbohydrate	13g	55g
of which sugars	2.8g	12g
Fibre	2.5g	10g
Protein	6.4g	26g
Sodium	116mg	475mg
Salt equivalent	0.29g	1.2g
Potassium	238mg	975mg

## Ingredient Declaration

water, cooked chicken (17%), broccoli, cauliflower, cooked rice, maltodextrin, onion, rapeseed oil, tomato puree, apple, stabilisers (methyl cellulose, cellulose, hydroxypropyl methyl cellulose), modified starch, mango chutney (sugar, mango, salt, vinegar, spices (paprika, chilli), thickener (pectin)), ground spice blend (turmeric, coriander, pepper, **mustard**, cumin, fenugreek, ginger, clove, fennel), dried potato, coconut, ground rice, salt, starch, lemon juice from concentrate, garlic, ginger, ground cumin, yeast extract, cornflour, caramelised sugar, garlic powder, sugar, chicken stock, natural flavouring, dried onion, pepper, rice flour.

## Warnings:

⚠ Prepared to meet level 5 for adults.

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		Tomato		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. Once cooked do not reheat. Stir before serving.

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

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