



Product Information Sheet

Product Code 217345

Weight 465g

Product Type Individual

Product Name Level 6 Vegetable Bake

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	470kj	2184kj
Energy (kcal)	112kcal	522kcal
Fat	4.8g	22g
Saturated	1.0g	4.5g
Monounsaturated	2.3g	11g
Polyunsaturated	1.2g	5.8g
Carbohydrate	13g	60g
of which sugars	1.7g	8.1g
Fibre	2.4g	11g
Protein	3.3g	15g
Sodium	157mg	731mg
Salt equivalent	0.39g	1.8g
Potassium	248mg	1154mg

Ingredient Declaration

water, potato, cauliflower, lentils 6%, vegetable oils (rapeseed, sunflower), coconut oil based alternative to mature Cheddar cheese (water, coconut oil, modified starch, starch, gluten free **oat** fibre, thickeners (carrageenan, guar gum), salt, natural flavourings, yeast extract, acidity regulators (lactic acid, sodium lactate), colour (carotenes)), pearl **barley** 3%, carrot 3%, celeriac (**celery**) 3%, onion 3%, parsnip 3%, swede 3%, garlic, tomato puree, **wheat gluten**, modified starch, starch, salt, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), thyme, caramelised sugar, parsley, spirit vinegar, mushroom powder, cane molasses, stabiliser (hydroxypropyl methyl cellulose), smoked paprika, yeast extract, cornflour, dried onion, sugar, pepper, ground bay leaf, ground nutmeg, **soya** beans, glucose syrup, **wheat**, onion powder, dried carrot, tamarind paste, dried leek, dried tomato, ground cayenne, ground turmeric, garlic powder, ground clove, dextrose, alcohol, dried thyme, **mustard**, **soya**, dried lovage, nutmeg, marjoram extract, thyme extract, rosemary extract, basil extract, sage extract.

Warnings:

- ⚠ Prepared to meet level 6 for adults.
- ⚠ May contain other gluten sources (spelt wheat, rye).
- ⚠ May contain egg and milk.

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

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

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