

# Product Information Sheet

Product Code 324928

Weight 480g

Product Type Large / Multi-Portion

Product Name Hash Browns

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	719kj	575kj
Energy (kcal)	172kcal	138kcal
Fat	9.4g	7.5g
Saturated	1.1g	0.9g
Monounsaturated	2.7g	2.2g
Polyunsaturated	4.9g	3.9g
Carbohydrate	18g	14g
of which sugars	<0.5g	<0.5g
Fibre	2.8g	2.2g
Protein	2.5g	2.0g
Sodium	140mg	112mg
Salt equivalent	0.35g	0.28g
Potassium	434mg	347mg

## Ingredient Declaration

potato (86%), sunflower oil, onion, dried potato, salt, onion powder, pepper, dextrose, natural onion flavouring, ground turmeric.

## Warnings:

⚠ May contain gluten.

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 off.

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

Product Code 328928  
Product Type Small / Twin  
Product Name Hash Browns

Weight 160g

**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	719kj	575kj
Energy (kcal)	172kcal	138kcal
Fat	9.4g	7.5g
Saturated	1.1g	0.9g
Monounsaturated	2.7g	2.2g
Polyunsaturated	4.9g	3.9g
Carbohydrate	18g	14g
of which sugars	<0.5g	<0.5g
Fibre	2.8g	2.2g
Protein	2.5g	2.0g
Sodium	140mg	112mg
Salt equivalent	0.35g	0.28g
Potassium	434mg	347mg

**Ingredient Declaration**

potato (86%), sunflower oil, onion, dried potato, salt, onion powder, pepper, dextrose, natural onion flavouring, ground turmeric.

**Warnings:**

⚠ May contain gluten.

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 off.

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