



Product Information Sheet

Product Code 324764

Weight 640g

Product Type Large / Multi-Portion

Product Name Sliced Carrots

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	128kj	103kj
Energy (kcal)	31kcal	24kcal
Fat	<0.5g	<0.5g
Saturated	0.1g	<0.1g
Monounsaturated	<0.1g	<0.1g
Polyunsaturated	0.2g	0.2g
Carbohydrate	4.9g	3.9g
of which sugars	4.6g	3.7g
Fibre	2.5g	2.0g
Protein	0.6g	<0.5g
Sodium	23mg	18mg
Salt equivalent	0.06g	0.05g
Potassium	160mg	128mg

Ingredient Declaration

carrot.

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 with lid on. Cook from frozen.

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

Product Code 328764**Weight** 240g**Product Type** Small / Twin**Product Name** Sliced Carrots**Nutrition (as consumed)**

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Vegan	✓	Lupin	✓	Gluten	✓
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		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
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