

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.

1 of 5 a Day Alcohol Alcohol Energy Dense Beef Celery Gluten Free Celery Celery Low Fat Cheese Cheese Low Salt Crustacean Crustacean Vegetarian Egg & Egg Derivatives Fish Garlic Garlic Garlic Healthier Choice Lupin Milk & Milk Vegan Milk & Milk Garlic Soft Derivatives Mollusc Reduced Sugars Mollusc Mushroom Low Sugars Mushroom Mustard Nuts Mustard Nuts 3 of 5 a Day Nuts Mustard High Protein Peanut Soya Easy Chew Soya Soya SourceOfProtein Soya Tomato Yeast Almond Yeast Almond Almond Yeast Almond Yeast Yeast Almond Yeast Almond Yeast	Diet Coding		Made Without		Free From	
Gluten Free	1 of 5 a Day		Alcohol	/	Alcohol	
Low Fat	Energy Dense		Beef	/	Beef	
Low Salt	Gluten Free	/	Celery	/	Celery	
Vegetarian	Low Fat	/	Cheese		Cheese	
Fish Fish Garlic Gluten Vegan	Low Salt	/	Crustacean		Crustacean	
Fish Fat Fat Fat Fat Garlic Gulten Milk & Milk & Milk & Milk & Mollusc Reduced Sugars Low Sugars Low Sugars A Mushroom Mustard Mustard Mustard Mustard Mustard Mustard Mustard Mustard Milk & Milk & Milk & Milk & Mollusc Mushroom Mustard Mustard Onion Peanut Say Chew Fish Garlic Gluten Milk & milk derivatives Mushroom Mustard Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Fish Garlic Gluten Milk & milk derivatives Mustard Nuts Onion Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Fish Garlic Gluten Milk & milk derivatives Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Fish Garlic Gluten Milk & milk derivatives Mustard Nuts Onion Peanuts Soya Nuts Soya Free From Milk Soya Tomato Yeast Almond Fish Garlic Gluten Milk & milk derivatives Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Fish Garlic Gluten Milk & milk derivatives Mustard Nuts Onion Peanuts Soya Tomato Yeasut Yeast Almond Free From Milk Soya Tomato Yeast Almond Free From Milk Soya Tomato Yeast Yeast Almond Fish Milk & milk derivatives Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Free From Milk Free From Milk Free From Milk Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Free From Milk Free From Milk Free From Milk Nuts Onion Peanuts Free From Milk Nuts Onion Free From M	Vegetarian	/	Egg & Egg Derivatives	/	Egg & egg derivatives	
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Healthier Choice	Fat		Garlic	\ \ /	Garlic	
Vegan	Healthier Choice	/				
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Low Sugars Mushroom	Reduced Sugars		Mollusc			
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Easy Chew Free From Milk SourceFibre SourceOfProtein Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	High Protein			\ <u>\</u>		
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Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	SourceOfProtein			//	Yeast	
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Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Almond	/		
Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Brazil	/		
Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Cashew	/		
Pecan Pistachio Queensland Walnut Wheat Rye Barley			Hazlenut	/		
Pistachio Queensland Walnut Wheat Rye Barley			Macadamia	/		
Queensland Walnut Wheat Rye Barley			Pecan	/		
Walnut Wheat Rye Barley			Pistachio	/		
Wheat Rye Barley			Queensland	/		
Rye Barley				/		
Barley			Wheat	<u> </u>		
Barley			Rye			
			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 328764Product Type Small / TwinProduct Name Sliced Carrots

Weight 240g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	128kJ	103kJ
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Ingredient Declaration

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1 of 5 a Day Alcohol Seef See	Diet Coding		Made Without		Free From	
Gluten Free	1 of 5 a Day		Alcohol	/	Alcohol	
Low Fat	Energy Dense		Beef	/	Beef	
Crustacean Crustacean Crustacean Crustacean Egg & egg derivatives Fish Garlic Gluten Crustacean Egg & egg derivatives Fish Garlic Carlic Gluten Crustacean Egg & egg derivatives Fish Garlic Carlic Gluten Crustacean Egg & egg derivatives Fish Garlic Carlic Gluten Crustacean Egg & egg derivatives Fish Garlic Carlic	Gluten Free	/	Celery	/	Celery	
Vegetarian	Low Fat	/	Cheese		Cheese	
Fish Garlic Garlic Healthier Choice Vegan Milk & Milk Soft Derivatives Mollusc Mushroom Mustard 3 of 5 a Day Mustard 3 of 5 a Day Milk Peanut Easy Chew Free From Milk SourceFibre SourceOfProtein Fish Garlic Gallic Gluten Musk & milk derivatives Mollusc Mushroom Mustard Nuts Onion Peanut Soya Sulphur dioxide/sulphites 10mato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Fish Garlic Garlic Gluten Wilk & milk derivatives Mollusc Mushroom Mustard Onion Peanuts Sollusc Mushroom Mustard Onion Peanuts Soya Onion Peanuts Soya Tomato Yeast Veast	Low Salt	/	Crustacean		Crustacean	
Low Saturated Fish Garlic Garlic Garlic Garlic Garlic Garlic Gluten Growth Growth Garlic Gluten Growth Grow	Vegetarian	/	Egg & Egg Derivatives	/	Egg & egg derivatives	
Healthier Choice	Low Saturated			1/	Fish	
Healthier Choice Vegan Vegan Milk & Milk Derivatives Mollusc Mushroom Mustard Nuts Onion Peanut Soya Sulphur dioxide/sulphites SourceFibre SourceOfProtein Free From Milk SourceOfProtein Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Milk & milk derivatives Mollusc Mushroom Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Yeast Almond Walnut Wheat Rye Barley	Fat		Garlic	\ \ /	Garlic	
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Soft Derivatives Mollusc Reduced Sugars Mollusc Low Sugars Mushroom Mustard 3 of 5 a Day Mustard 3 of 5 a Day Nuts Reducing Onion Easy Chew Sesame Soya Sulphur dioxide/sulphites SourceFibre SourceOfProtein Peanut Yeast Almond Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Mollusc Mushroom Mustard Nuts Onion Peanuts Soya Soya Sulphur dioxide/sulphites Yeast Soya Yeast Almond Amadamia Amada	Vegan	/	<u> </u>	\	Milk & milk derivatives	
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High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	Reducing					
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SourceOfProtein Tomato Yeast Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	Free From Milk			\ <u>\</u>		
Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	SourceFibre			/		
Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	SourceOfProtein			/	reast	
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Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley				//		
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Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Cashew	/		
Pecan Pistachio Queensland Walnut Wheat Rye Barley			Hazlenut	/		
Pistachio Queensland Walnut Wheat Rye Barley			Macadamia	/		
Queensland Walnut Wheat Rye Barley			Pecan	/		
Walnut Wheat Rye Barley			Pistachio	/		
Wheat Rye Barley			Queensland	/		
Rye Barley			Walnut	/		
Barley			Wheat	<u> </u>		
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