



Product Information Sheet

Product Code 324833

Weight 1120g

Product Type Large / Multi-Portion

Product Name Semolina Pudding

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	362kj	506kj
Energy (kcal)	86kcal	120kcal
Fat	2.2g	3.1g
Saturated	1.1g	1.5g
Monounsaturated	0.8g	1.1g
Polyunsaturated	0.3g	0.4g
Carbohydrate	13g	18g
of which sugars	8.7g	12g
Fibre	0.7g	1.0g
Protein	2.9g	4.1g
Sodium	31mg	44mg
Salt equivalent	0.08g	0.11g
Potassium	119mg	166mg

Ingredient Declaration

water, durum **wheat** semolina (7%), skimmed **milk** powder, sugar, palm oil, modified starch, stabiliser (hydroxypropyl methyl cellulose), ground nutmeg.

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. Always cook from frozen. Stir before serving.

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

Product Code 328833**Weight** 420g**Product Type** Small / Twin**Product Name** Semolina Pudding**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	362kJ	506kJ
Energy (kcal)	86kcal	120kcal
Fat	2.2g	3.1g
Saturated	1.1g	1.5g
Monounsaturated	0.8g	1.1g
Polyunsaturated	0.3g	0.4g
Carbohydrate	13g	18g
of which sugars	8.7g	12g
Fibre	0.7g	1.0g
Protein	2.9g	4.1g
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Ingredient Declaration

water, durum **wheat** semolina (7%), skimmed **milk** powder, sugar, palm oil, modified starch, stabiliser (hydroxypropyl methyl cellulose), ground nutmeg.

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	✓		

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