



Product Information Sheet

Product Code 324626

Weight 1130g

Product Type Large / Multi-Portion

Product Name Pork Meatballs in Tomato & Herb Sauce

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	570kj	1071kj
Energy (kcal)	137kcal	257kcal
Fat	7.7g	15g
Saturated	1.8g	3.3g
Monounsaturated	4.0g	7.4g
Polyunsaturated	1.7g	3.2g
Carbohydrate	9.0g	17g
of which sugars	2.5g	4.7g
Fibre	1.6g	3.1g
Protein	7.0g	13g
Sodium	309mg	581mg
Salt equivalent	0.77g	1.5g
Potassium	236mg	445mg

Ingredient Declaration

cooked pork (29%), tomato, water, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), concentrated tomato, onion, tomato puree, rapeseed oil, modified starch, garlic, salt, sugar, basil, pepper, nutmeg, yeast extract, carrot juice concentrate, carrot, leek, onion juice concentrate, dried potato, mushroom concentrate, cornflour, leek juice concentrate, ground bay leaf, dried thyme.

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 328626**Weight** 376g**Product Type** Small / Twin**Product Name** Pork Meatballs in Tomato & Herb Sauce**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	570kj	1072kj
Energy (kcal)	137kcal	257kcal
Fat	7.7g	15g
Saturated	1.8g	3.3g
Monounsaturated	4.0g	7.4g
Polyunsaturated	1.7g	3.2g
Carbohydrate	9.0g	17g
of which sugars	2.5g	4.7g
Fibre	1.6g	3.1g
Protein	7.0g	13g
Sodium	309mg	582mg
Salt equivalent	0.77g	1.5g
Potassium	236mg	444mg

Ingredient Declaration

cooked pork (29%), tomato, water, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), concentrated tomato, onion, tomato puree, rapeseed oil, modified starch, garlic, salt, sugar, basil, pepper, nutmeg, yeast extract, carrot juice concentrate, carrot, leek, onion juice concentrate, dried potato, mushroom concentrate, cornflour, leek juice concentrate, ground bay leaf, dried thyme.

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.

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