



Product Information Sheet

Product Code 324701

Weight 1360g

Product Type Large / Multi-Portion

Product Name Cauliflower Cheese

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	526kj	1189kj
Energy (kcal)	126kcal	286kcal
Fat	8.7g	20g
Saturated	3.0g	6.9g
Monounsaturated	4.0g	9.0g
Polyunsaturated	1.6g	3.5g
Carbohydrate	6.6g	15g
of which sugars	4.0g	8.9g
Fibre	< 0.5g	1.1g
Protein	5.1g	12g
Sodium	187mg	423mg
Salt equivalent	0.47g	1.1g
Potassium	177mg	400mg

Ingredient Declaration

cauliflower (39%), water, vegetarian Cheddar cheese (milk) (12%), milk proteins, rapeseed oil, cornflour, starch, salt, pepper, ground paprika.

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 off. Cook from frozen.

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

Product Code 328701**Weight** 440g**Product Type** Small / Twin**Product Name** Cauliflower Cheese**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	530kj	1165kj
Energy (kcal)	127kcal	280kcal
Fat	8.8g	19g
Saturated	3.1g	6.8g
Monounsaturated	4.0g	8.8g
Polyunsaturated	1.6g	3.5g
Carbohydrate	6.6g	15g
of which sugars	4.0g	8.7g
Fibre	< 0.5g	1.1g
Protein	5.2g	11g
Sodium	187mg	412mg
Salt equivalent	0.47g	1.0g
Potassium	177mg	389mg

Ingredient Declaration

cauliflower (39%), water, vegetarian Cheddar cheese (milk) (12%), milk proteins, rapeseed oil, cornflour, starch, salt, pepper, ground paprika.

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 off. Cook from frozen.

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

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