

Product Information Sheet

Product Code 324527

Weight 1170g

Product Type Large / Multi-Portion

Product Name Cod In Parsley Sauce

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	307kj	599kj
Energy (kcal)	73kcal	142kcal
Fat	2.6g	5.1g
Saturated	1.4g	2.8g
Monounsaturated	0.7g	1.3g
Polyunsaturated	0.3g	0.5g
Carbohydrate	2.6g	5.2g
of which sugars	1.1g	2.1g
Fibre	< 0.5g	< 0.5g
Protein	9.7g	19g
Sodium	198mg	387mg
Salt equivalent	0.50g	0.97g
Potassium	206mg	402mg

Ingredient Declaration

cod (**fish**) (51%), water, cream (**milk**), cornflour, skimmed **milk** powder, butter (**milk**), vegetable oils (palm, sunflower), parsley, salt, yeast extract, **fish** stock, natural flavouring (contains **fish**), pepper.

Warnings:

⚠ May contain bones.

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 from frozen. Lid on.

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

Product Code 328527

Weight390g

Product Type Small / Twin

Product Name Cod in Parsley Sauce

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	308kj	600kj
Energy (kcal)	73kcal	143kcal
Fat	2.6g	5.1g
Saturated	1.4g	2.7g
Monounsaturated	0.7g	1.4g
Polyunsaturated	0.3g	0.5g
Carbohydrate	2.7g	5.2g
of which sugars	1.1g	2.1g
Fibre	<0.5g	0g
Protein	9.7g	19g
Sodium	198mg	386mg
Salt equivalent	0.49g	0.96g
Potassium	231mg	451mg

Ingredient Declaration

cod (**fish**) (51%), water, cream (**milk**), skimmed **milk** powder, modified starch, butter (**milk**), vegetable oils (palm, rapeseed), parsley, salt, cornflour, yeast extract, natural flavouring (contains **fish**), **fish** stock, pepper.

Warnings:

⚠ May contain bones.

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.

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

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