

# Product Information Sheet

Product Code 324523

Weight 1200g

Product Type Large / Multi-Portion

Product Name Fish in Cheese Sauce

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	500kj	749kj
Energy (kcal)	119kcal	179kcal
Fat	6.1g	9.2g
Saturated	1.7g	2.6g
Monounsaturated	3.2g	4.7g
Polyunsaturated	1.2g	1.9g
Carbohydrate	4.5g	6.8g
of which sugars	2.8g	4.2g
Fibre	< 0.5g	< 0.5g
Protein	12g	17g
Sodium	156mg	233mg
Salt equivalent	0.39g	0.58g
Potassium	266mg	399mg

## Ingredient Declaration

fish (53%), water, Cheddar cheese ( milk) (6%), milk proteins, rapeseed oil, modified starch, salt, starch, pepper, ground paprika.

## 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. Cook from frozen.

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

Product Code 328523

Weight 310g

Product Type Small / Twin

Product Name Fish in Cheese Sauce

**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	506kJ	784kJ
Energy (kcal)	121kcal	187kcal
Fat	6.3g	9.8g
Saturated	1.8g	2.7g
Monounsaturated	3.2g	5.0g
Polyunsaturated	1.3g	2.0g
Carbohydrate	4.7g	7.2g
of which sugars	2.9g	4.5g
Fibre	<0.5g	<0.5g
Protein	11g	18g
Sodium	159mg	246mg
Salt equivalent	0.40g	0.62g
Potassium	264mg	410mg

**Ingredient Declaration**

fish (52%), water, Cheddar cheese (milk) (6%), milk proteins, rapeseed oil, modified starch, salt, starch, pepper, ground paprika.

**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. Cook from frozen.

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

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