

Product Information Sheet

Product Code 324504

Weight 1360g

Product Type Large / Multi-Portion

Product Name Salmon & Broccoli Bake

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	704kj	1196kj
Energy (kcal)	168kcal	286kcal
Fat	8.6g	15g
Saturated	1.8g	3.1g
Monounsaturated	3.9g	6.6g
Polyunsaturated	2.0g	3.4g
Carbohydrate	12g	21g
of which sugars	2.0g	3.4g
Fibre	0.8g	1.4g
Protein	9.7g	17g
Sodium	216mg	367mg
Salt equivalent	0.54g	0.92g
Potassium	227mg	387mg

Ingredient Declaration

water, formed salmon (**fish**) (29%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), broccoli (11%), dried **milk**, rapeseed oil, cream (**milk**), Regato cheese (**milk**), modified starch, cornflour, yeast extract, salt, starch, parsley, **fish** stock, natural flavourings (contains **fish**), dill, pepper, yeast.

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 off. Cook from frozen.

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

Product Code 328504

Weight 340g

Product Type Small / Twin

Product Name Salmon & Broccoli Bake

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	730kj	1240kj
Energy (kcal)	174kcal	296kcal
Fat	8.9g	15g
Saturated	1.8g	3.1g
Monounsaturated	4.1g	6.9g
Polyunsaturated	2.1g	3.5g
Carbohydrate	13g	23g
of which sugars	2.0g	3.3g
Fibre	0.8g	1.4g
Protein	9.7g	17g
Sodium	219mg	373mg
Salt equivalent	0.55g	0.93g
Potassium	227mg	386mg

Ingredient Declaration

water, formed salmon (**fish**) (29%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), broccoli (11%), rapeseed oil, dried **milk**, cream (**milk**), Regato cheese (**milk**), modified starch, cornflour, yeast extract, salt, starch, parsley, natural flavouring (contains **fish**), **fish** stock, dill, pepper, yeast.

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)

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