

# Product Information Sheet

Product Code 324456

Weight 1310g

Product Type Large / Multi-Portion

Product Name Chicken Tikka Masala

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	454kj	741kj
Energy (kcal)	109kcal	177kcal
Fat	5.5g	8.9g
Saturated	3.0g	4.8g
Monounsaturated	1.3g	2.1g
Polyunsaturated	0.6g	1.0g
Carbohydrate	4.2g	6.8g
of which sugars	2.5g	4.1g
Fibre	1.5g	2.4g
Protein	9.9g	16g
Sodium	280mg	456mg
Salt equivalent	0.70g	1.1g
Potassium	317mg	517mg

## Ingredient Declaration

cooked chicken (34%), tomato, water, onion, yoghurt (**milk**), tomato puree, coconut, ginger, desiccated coconut, garlic, vegetable oils (rapeseed, sunflower), salt, smoked paprika, modified starch, starch, roast chicken carcass, ground coriander, ground cumin, ground cardamom, ground fenugreek, ground ginger, onion powder, chilli powder, sugar, yeast extract, cornflour, carrot juice concentrate, leek juice concentrate.

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 328456

Weight 327g

Product Type Small / Twin

Product Name Chicken Tikka Masala

#### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	454kj	740kj
Energy (kcal)	109kcal	177kcal
Fat	5.5g	8.9g
Saturated	3.0g	4.8g
Monounsaturated	1.3g	2.1g
Polyunsaturated	0.6g	1.0g
Carbohydrate	4.2g	6.8g
of which sugars	2.5g	4.1g
Fibre	1.5g	2.4g
Protein	9.9g	16g
Sodium	280mg	456mg
Salt equivalent	0.70g	1.1g
Potassium	317mg	517mg

#### Ingredient Declaration

cooked chicken (34%), tomato, water, onion, yoghurt (milk), tomato puree, coconut, ginger, desiccated coconut, garlic, vegetable oils (rapeseed, sunflower), salt, smoked paprika, modified starch, starch, roast chicken carcass, ground coriander, ground cumin, ground cardamom, ground fenugreek, ground ginger, onion powder, chilli powder, sugar, yeast extract, cornflour, carrot juice concentrate, leek juice concentrate.

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

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