



# Product Information Sheet

**Product Code** 217049

**Weight** 275g

**Product Type** Individual

**Product Name** Level 4 Purée Petite Vegetable & Bean Casserole

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	775kj	2133kj
Energy (kcal)	187kcal	514kcal
Fat	13g	37g
Saturated	1.3g	3.5g
Monounsaturated	7.6g	21g
Polyunsaturated	4.5g	13g
Carbohydrate	8.7g	24g
of which sugars	2.0g	5.4g
Fibre	3.8g	10g
Protein	5.8g	16g
Sodium	245mg	674mg
Salt equivalent	0.61g	1.7g
Potassium	167mg	459mg

## Ingredient Declaration

water, peas (17%), rapeseed oil, tomato (5%), **SOYA** protein, kidney beans (4%), dried potato (3.5%), white beans (1.6%), emulsifiers (**SOYA** lecithin, mono- and diglycerides of fatty acids), onion, peppers (1%), inulin, maltodextrin, thickener (methyl cellulose), **SOYA** beans, tomato puree, salt, modified maize starch, natural flavouring, pea starch, sugar, garlic, pea fibres, caramelised sugar, citrus fibres, pepper, lemon juice, turmeric, nutmeg, thyme, yeast extract.

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. Cook until piping hot. Once cooked do not reheat. Microwave - Cook on HALF POWER.

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

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084