



Product Information Sheet

Product Code 217098

Weight 275g

Product Type Individual

Product Name Level 4 Purée Petite Fish & Chips

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	768kj	2111kj
Energy (kcal)	185kcal	508kcal
Fat	13g	35g
Saturated	1.6g	4.4g
Monounsaturated	7.0g	19g
Polyunsaturated	4.1g	11g
Carbohydrate	8.8g	24g
of which sugars	2.0g	5.6g
Fibre	2.0g	5.6g
Protein	7.6g	21g
Sodium	260mg	716mg
Salt equivalent	0.65g	1.8g
Potassium	225mg	619mg

Ingredient Declaration

water, Alaska pollock (FISH) (16%), peas, skimmed MILK, potato, rapeseed oil, SOYA protein, cream (MILK), onion, starch, MILK protein, emulsifier (SOYA lecithin), thickeners (methyl cellulose, xanthan gum, guar gum), maltodextrin, sunflower oil, lemon juice, WHEAT flour, iodised salt, natural flavourings (contains yeast extract), spirit vinegar, sugar, dextrose, paprika, garlic, BARLEY malt extract, pepper, turmeric, caramelised sugar, citrus fibres, herbs.

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		Milk & milk derivatives		Gluten	
Soft		Mollusc	✓	Milk & milk derivatives	
Reduced Sugars		Mushroom	✓	Mollusc	
Low Sugars	✓	Mustard	✓	Mushroom	
2 of 5 a Day		Nuts	✓	Mustard	
3 of 5 a Day		Onion		Nuts	
Reducing		Peanuts	✓	Onion	
High Protein		Soya		Peanuts	
Easy Chew		Tomato	✓	Soya	
Free From Milk		Yeast		Sulphur dioxide/sulphites	
SourceFibre		Lupin	✓	>10mg/kg	✓
SourceOfProtein		Sesame	✓	Tomato	
				Yeast	

Cooking Guidelines (all ovens may vary)

Cook from frozen. Cook until piping hot. Once cooked do not reheat.

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

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