



Product Information Sheet

Product Code 217099

Weight 275g

Product Type Individual

Product Name Level 4 Purée Petite Omelette, Chips & Beans

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	781kj	2148kj
Energy (kcal)	188kcal	516kcal
Fat	13g	36g
Saturated	3.6g	9.8g
Monounsaturated	6.1g	17g
Polyunsaturated	3.2g	8.9g
Carbohydrate	10g	29g
of which sugars	2.2g	6.0g
Fibre	1.3g	3.7g
Protein	6.7g	18g
Sodium	223mg	613mg
Salt equivalent	0.56g	1.5g
Potassium	214mg	588mg

Ingredient Declaration

water, potato, **EGG** (10%), skimmed **MILK**, rapeseed oil, white beans, tomato, Emmental cheese (**MILK**) (3%), Cheddar cheese (**MILK**) (3%), tomato puree, onion, **SOYA** protein, butter (**MILK**), emulsifier (**SOYA** lecithin), starch, **EGG** yolk, sugar, carrot juice, thickener (methyl cellulose), sunflower oil, natural flavourings (contains yeast extract, **MILK**), spirit vinegar, iodised salt, dextrose, paprika, garlic, **BARLEY** malt extract, pepper, turmeric, caramelised sugar, citrus fibres, acid (acetic acid), lemon juice, nutmeg, 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 >10mg/kg	✓
SourceFibre		Lupin	✓	Tomato	
SourceOfProtein		Sesame	✓	Yeast	

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

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