



Product Information Sheet

Product Code 217024

Weight 275g

Product Type Individual

Product Name Level 4 Purée Petite Chicken Tikka Masala

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	762kj	2096kj
Energy (kcal)	183kcal	504kcal
Fat	13g	35g
Saturated	2.2g	6.1g
Monounsaturated	6.6g	18g
Polyunsaturated	3.8g	11g
Carbohydrate	8.6g	24g
of which sugars	1.5g	4.1g
Fibre	1.8g	4.9g
Protein	7.5g	21g
Sodium	253mg	694mg
Salt equivalent	0.63g	1.7g
Potassium	195mg	536mg

Ingredient Declaration

water, spinach (15%), chicken (14%), rapeseed oil, poultry stock, rice (3.5%), yoghurt (MILK) (2.5%), tomato puree, milk protein, pea starch, cream (MILK), SOYA protein, emulsifier (SOYA lecithin), thickeners (methyl cellulose, xanthan gum, guar gum), onion, maltodextrin, coconut milk (water, coconut extract), peppers, maize starch, butter (MILK), garlic, natural flavouring, lemon juice, salt, poultry fat, sugar, honey, coriander, cumin, ginger, glucose syrup, paprika, turmeric, chilli, cardamom, pepper, cloves, nutmeg, star anise.

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)

Always cook from frozen. Ensure food is piping hot before serving. Once cooked do not reheat.
Microwave - cook on HALF POWER

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

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