



# Product Information Sheet

**Product Code** 217109

**Weight** 400g

**Product Type** Individual

**Product Name** Level 5 Sausages in Onion Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	532kj	2127kj
Energy (kcal)	128kcal	511kcal
Fat	7.6g	30g
Saturated	2.2g	8.8g
Monounsaturated	3.9g	15g
Polyunsaturated	1.4g	5.7g
Carbohydrate	8.5g	34g
of which sugars	1.5g	6.0g
Fibre	2.3g	9.4g
Protein	5.2g	21g
Sodium	108mg	430mg
Salt equivalent	0.27g	1.1g
Potassium	229mg	917mg

## Ingredient Declaration

water, potato, pork shoulder (16%), broccoli, carrot, pork belly (8%), onion (4%), maltodextrin, rapeseed oil, modified starch, stabilisers (methyl cellulose, cellulose), dried potato, caramelised sugar, parsley, salt, tomato puree, roast chicken carcass, dried thyme, pepper, dried sage, ground coriander, ground nutmeg, 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		Milk & milk derivatives	✓	Gluten	✓
Soft				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		Peanuts	✓	Peanuts	
Easy Chew		Soya	✓	Soya	
Free From Milk		Tomato		Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Yeast		Tomato	
SourceOfProtein		Lupin	✓	Yeast	
		Sesame	✓		

### Cooking Guidelines (all ovens may vary)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Once cooked do not reheat. Stir before serving.

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

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