



Product Information Sheet

Product Code 217337

Weight 390g

Product Type Individual

Product Name Level 6 Salmon Risotto

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	390kj	1523kj
Energy (kcal)	93kcal	363kcal
Fat	4.1g	16g
Saturated	0.9g	3.6g
Monounsaturated	1.7g	6.7g
Polyunsaturated	1.0g	3.7g
Carbohydrate	8.7g	34g
of which sugars	1.9g	7.5g
Fibre	0.8g	3.1g
Protein	4.9g	19g
Sodium	98mg	381mg
Salt equivalent	0.24g	0.95g
Potassium	183mg	714mg

Ingredient Declaration

water, salmon (**fish**) (15%), carrot, swede, spinach, short grain rice, onion, cream (**milk**), modified starch, dried **milk**, rapeseed oil, cornflour, yeast extract, garlic, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), parsley, lemon juice from concentrate, salt, natural flavouring (contains **fish**), **fish** stock, pepper, dried onion, dried leek, sugar, dried carrot, dried tomato, ground turmeric, dried thyme, ground bay leaf.

Warnings:

⚠ Prepared to meet level 6 for adults.

⚠ May contain bones.

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	
		Garlic		Garlic	
Healthier Choice	✓	Lupin	✓	Gluten	
Vegan		Milk & Milk Derivatives		Milk & milk derivatives	
Soft				Mollusc	
Reduced Sugars		Mollusc	✓	Mushroom	
Low Sugars	✓	Mushroom	✓	Mustard	
2 of 5 a Day		Mustard	✓	Nuts	
3 of 5 a Day		Nuts	✓	Onion	
Reducing		Onion		Peanuts	
High Protein	✓	Peanut	✓	Soya	
Easy Chew		Sesame	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Soya	✓	Tomato	
SourceFibre		Tomato		Yeast	
SourceOfProtein		Yeast			
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

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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