



Product Information Sheet

Product Code

227364

Product Type

Individual

Product Name

Level 4 Purée Battered Fish & Chips

Weight

285g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	739kj	2106kj
Energy (kcal)	178kcal	507kcal
Fat	13g	37g
Saturated	1.2g	3.4g
Monounsaturated	7.4g	21g
Polyunsaturated	4.2g	12g
Carbohydrate	7.2g	21g
of which sugars	1.4g	4.0g
Fibre	2.1g	6.0g
Protein	7.1g	20g
Sodium	273mg	778mg
Salt equivalent	0.68g	1.9g
Potassium	166mg	473mg

Ingredient Declaration

water, Alaska pollock (**FISH**) (15%), peas (15%), rapeseed oil, potato (9%), **SOYA** protein, onion, **FISH** stock (water, **FISH** extract), emulsifiers (sunflower lecithin, **SOYA** lecithin), pea protein, lemon juice, **WHEAT** flour, thickeners (methyl cellulose, xanthan gum, guar gum), pea starch, sunflower oil, potato starch, maize starch, natural flavouring, salt, garlic, rice protein, spirit vinegar, sugar, **BARLEY** malt extract, dextrose, paprika, iodised salt, yeast extract, caramelised sugar, roasted onion powder, yeast, turmeric, lemon peel, pepper, raising agents (sodium carbonates, diphosphates), citrus fibres, herbs, turmeric extract.

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		Lupin	✓	Gluten	
Soft		Milk & Milk Derivatives	✓	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	✓	Peanut	✓	Peanuts	
Easy Chew		Sesame	✓	Soya	
Free From Milk		Soya		Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast		Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley			
		Oats	✓		

Cooking Guidelines (all ovens may vary)

Always cook from frozen. Ensure food is piping hot before serving. Once cooked do not reheat.

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