



Product Information Sheet

Product Code 227327

Weight 340g

Product Type Individual

Product Name Level 4 Purée Chicken in Gravy

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	631kj	2144kj
Energy (kcal)	152kcal	516kcal
Fat	11g	37g
Saturated	1.6g	5.4g
Monounsaturated	5.6g	19g
Polyunsaturated	3.5g	12g
Carbohydrate	6.1g	21g
of which sugars	0.9g	3.2g
Fibre	1.8g	6.3g
Protein	6.7g	23g
Sodium	209mg	709mg
Salt equivalent	0.52g	1.8g
Potassium	196mg	668mg

Ingredient Declaration

water, poultry stock, broccoli (15%), chicken (15%), rapeseed oil, chicken fat, carrot juice, dried potato, pea protein, maize starch, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), pea starch, thickeners (methyl cellulose, xanthan gum, guar gum), tomato puree, natural flavourings, sugar, yeast extract, rice protein, citrus fibres, salt, caramelised sugar, lemon juice, pea fibres, onion powder, concentrated onion juice, iodised salt, sunflower oil, nutmeg, garden lovage, pepper, turmeric.

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. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF power.

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