

Product Information Sheet

Product Code 324410

Weight 1360g

Product Type Large / Multi-Portion

Product Name Sweet & Sour Chicken

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	423kJ	718kJ
Energy (kcal)	100kcal	170kcal
Fat	2.1g	3.6g
Saturated	0.2g	0.4g
Monounsaturated	1.3g	2.2g
Polyunsaturated	0.6g	1.0g
Carbohydrate	9.9g	17g
of which sugars	8.0g	14g
Fibre	<0.5g	0.8g
Protein	10g	17g
Sodium	223mg	378mg
Salt equivalent	0.56g	0.95g
Potassium	247mg	420mg

Ingredient Declaration

cooked chicken (34%), water, pineapple, red peppers, tomato puree, concentrated pineapple juice, sugar, white wine vinegar, rapeseed oil, modified starch, salt, starch, yeast extract, dextrose, roast chicken carcass, ground paprika, fully refined soybean oil, pepper, 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	
		Garlic	✓	Garlic	
Healthier Choice	✓	Lupin	✓	Gluten	✓
Vegan		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft		Mollusc	✓	Mollusc	
Reduced Sugars		Mushroom	✓	Mushroom	
Low Sugars		Mustard	✓	Mustard	
2 of 5 a Day		Nuts	✓	Nuts	
3 of 5 a Day		Onion	✓	Onion	
Reducing		Peanut	✓	Peanuts	
High Protein	✓	Sesame	✓	Soya	
Easy Chew		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Tomato		Tomato	
SourceFibre		Yeast		Yeast	
SourceOfProtein		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Cook with lid on. Always cook from frozen. Stir before serving.

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

Product Code 328410

Weight 340g

Product Type Small / Twin

Product Name Sweet & Sour Chicken

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	423kJ	718kJ
Energy (kcal)	100kcal	170kcal
Fat	2.1g	3.6g
Saturated	0.2g	0.4g
Monounsaturated	1.3g	2.2g
Polyunsaturated	0.6g	1.0g
Carbohydrate	9.9g	17g
of which sugars	8.0g	14g
Fibre	<0.5g	0.8g
Protein	10g	17g
Sodium	223mg	378mg
Salt equivalent	0.56g	0.95g
Potassium	247mg	420mg

Ingredient Declaration

cooked chicken (34%), water, pineapple, red peppers, tomato puree, concentrated pineapple juice, sugar, white wine vinegar, rapeseed oil, modified starch, salt, starch, yeast extract, dextrose, roast chicken carcass, ground paprika, fully refined soybean oil, pepper, 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	
		Garlic	✓	Garlic	
Healthier Choice	✓	Lupin	✓	Gluten	✓
Vegan		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft		Mollusc	✓	Mollusc	
Reduced Sugars		Mushroom	✓	Mushroom	
Low Sugars		Mustard	✓	Mustard	
2 of 5 a Day		Nuts	✓	Nuts	
3 of 5 a Day		Onion	✓	Onion	
Reducing		Peanut	✓	Peanuts	
High Protein	✓	Sesame	✓	Soya	
Easy Chew		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Tomato		Tomato	
SourceFibre		Yeast		Yeast	
SourceOfProtein		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Cook with lid on. Always cook from frozen. Stir before serving.

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