



Product Information Sheet

Product Code 324715

Product Type Large / Multi-Portion

Product Name Cauliflower & Broccoli Pasta

Weight 1320g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	462kJ	1017kJ
Energy (kcal)	110kcal	243kcal
Fat	5.2g	11g
Saturated	3.1g	6.9g
Monounsaturated	1.5g	3.3g
Polyunsaturated	0.4g	0.8g
Carbohydrate	9.5g	21g
of which sugars	1.7g	3.8g
Fibre	0.9g	1.9g
Protein	6.0g	13g
Sodium	176mg	387mg
Salt equivalent	0.44g	0.97g
Potassium	155mg	342mg

Ingredient Declaration

water, broccoli (14%), cauliflower (14%), vegetarian cheese (**milk**) (12%), durum **wheat** semolina, skimmed **milk** powder, modified starch, palm oil, butter (**milk**), starch, salt, pepper, ground nutmeg.

Warnings:

⚠ May contain mustard and soya.

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)

Cook with lid off. Cook from frozen.

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

Product Code

328715

Product Type

Small / Twin

Product Name

Cauliflower & Broccoli Pasta

Weight

440g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	477kJ	1049kJ
Energy (kcal)	114kcal	251kcal
Fat	5.5g	12g
Saturated	3.3g	7.3g
Monounsaturated	1.6g	3.5g
Polyunsaturated	0.4g	0.8g
Carbohydrate	9.5g	21g
of which sugars	1.7g	3.8g
Fibre	0.8g	1.9g
Protein	6.2g	14g
Sodium	183mg	403mg
Salt equivalent	0.46g	1.0g
Potassium	154mg	339mg

Ingredient Declaration

water, broccoli (14%), cauliflower (14%), vegetarian cheese (**milk**) (13%), durum **wheat** semolina, skimmed **milk** powder, modified starch, palm oil, butter (**milk**), starch, salt, pepper, ground nutmeg.

Warnings:

⚠ May contain mustard and soya.

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)

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