



# Product Information Sheet

Product Code 324713

Product Type Large / Multi-Portion

Product Name Potato, Cheese & Leek Bake

Weight 1350g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	649kj	1460kj
Energy (kcal)	156kcal	350kcal
Fat	9.8g	22g
Saturated	4.8g	11g
Monounsaturated	3.7g	8.2g
Polyunsaturated	1.2g	2.6g
Carbohydrate	9.8g	22g
of which sugars	1.9g	4.4g
Fibre	0.8g	1.8g
Protein	6.7g	15g
Sodium	219mg	494mg
Salt equivalent	0.55g	1.2g
Potassium	247mg	557mg

Ingredient Declaration

potato (40%), water, vegetarian cheese (**milk**) (20%), leek (6%), onion, vegetable oils (rapeseed, palm), skimmed **milk** powder, chives, modified starch, starch, parsley, salt, cornflour, dried onion, yeast extract, sugar, dried carrot, pepper, dried leek, dried tomato, ground turmeric, dextrose, dried thyme, ground bay leaf.

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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)**

Cook with lid off. Always cook from frozen.

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

Product Code

328713

Product Type

Small / Twin

Product Name

Potato, Cheese & Leek Bake

Weight

450g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	649kJ	1460kJ
Energy (kcal)	156kcal	350kcal
Fat	9.8g	22g
Saturated	4.8g	11g
Monounsaturated	3.7g	8.2g
Polyunsaturated	1.2g	2.6g
Carbohydrate	9.8g	22g
of which sugars	1.9g	4.4g
Fibre	0.8g	1.8g
Protein	6.7g	15g
Sodium	219mg	494mg
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Potassium	247mg	557mg

Ingredient Declaration

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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			

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