



# Product Information Sheet

Product Code

324771

Product Type

Large / Multi-Portion

Product Name

Mashed Swede

Weight

800g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	123kj	123kj
Energy (kcal)	29kcal	29kcal
Fat	< 0.5g	<0.5g
Saturated	< 0.1g	<0.1g
Monounsaturated	< 0.1g	<0.1g
Polyunsaturated	0.2g	0.2g
Carbohydrate	5.0g	5.0g
of which sugars	4.9g	4.9g
Fibre	1.9g	1.9g
Protein	0.7g	0.7g
Sodium	15mg	15mg
Salt equivalent	0.04g	0.04g
Potassium	86mg	86mg

Ingredient Declaration

swede.

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 from frozen. Lid on.

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

Product Code

328771

Product Type

Small / Twin

Product Name

Mashed Swede

Weight

300g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	123kJ	123kJ
Energy (kcal)	29kcal	29kcal
Fat	< 0.5g	<0.5g
Saturated	< 0.1g	<0.1g
Monounsaturated	< 0.1g	<0.1g
Polyunsaturated	0.2g	0.2g
Carbohydrate	5.0g	5.0g
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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	
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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	✓		
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