

Product Information Sheet

Product Code 324917

Weight 1500g

Product Type Large / Multi-Portion

Product Name Creamy Vegetable Cheese Bake

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	590kJ	1474kJ
Energy (kcal)	142kcal	354kcal
Fat	8.9g	22g
Saturated	3.4g	8.6g
Monounsaturated	3.5g	8.7g
Polyunsaturated	1.6g	4.0g
Carbohydrate	9.4g	23g
of which sugars	2.6g	6.6g
Fibre	1.4g	3.5g
Protein	5.0g	13g
Sodium	252mg	629mg
Salt equivalent	0.63g	1.6g
Potassium	216mg	540mg

Ingredient Declaration

water, potato, vegetarian Cheddar cheese (**milk**) (9%), cream (**milk**) (6%), courgette (6%), broccoli (6%), green beans (6%), onion, peas (5%), vegetable oils (rapeseed, sunflower, palm), white wine, skimmed **milk** powder, cornflour, salt, whey (**milk**) powder concentrate, yeast extract, starch, dried onion, stabiliser (cellulose), thyme, dried leek, sugar, parsley, dried carrot, pepper, dried tomato, dextrose, ground turmeric, dried thyme, ground bay leaf.

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 off.

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

Product Code 328917

Weight500g

Product Type Small / Twin

Product Name Creamy Vegetable Cheese Bake

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	592kJ	1479kJ
Energy (kcal)	142kcal	355kcal
Fat	8.9g	22g
Saturated	3.4g	8.6g
Monounsaturated	3.5g	8.7g
Polyunsaturated	1.6g	4.0g
Carbohydrate	9.5g	24g
of which sugars	2.6g	6.6g
Fibre	1.4g	3.5g
Protein	5.0g	13g
Sodium	251mg	627mg
Salt equivalent	0.63g	1.6g
Potassium	217mg	543mg

Ingredient Declaration

potato, water, vegetarian Cheddar cheese (**milk**) (9%), cream (**milk**) (6%), courgette (6%), broccoli (6%), green beans (6%), onion, peas (5%), vegetable oils (rapeseed, sunflower, palm), white wine, skimmed **milk** powder, cornflour, salt, whey (**milk**) powder concentrate, yeast extract, starch, dried onion, stabiliser (cellulose), thyme, dried leek, sugar, parsley, dried carrot, pepper, dried tomato, dextrose, ground turmeric, dried thyme, ground bay leaf.

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

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