

MEAL INGREDIENTS

ALLERGY & NUTRITIONAL ALLERGY & NUTRITIONAL INFORMATION DOCUMENT

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Fresh Chef Frozen Meals are created in a busy restaurant kitchen which makes a variety of food dishes for our local market.

Our team are very focused on flavour + nutrition for our FRESH, snap-frozen, REAL, no-nasties food - made in small batches by great chefs! However, because of the nature of our restaurant kitchen, the meals are not able to be specifically designed for people with allergies.

We are constantly reviewing this with every menu upgrade.

This document contains the nutritional information for Fresh Chef Frozen Meals. They are in alphabetical order (A-Z).

Scroll down to your desired meals.

Gluten Free & Celiac Information

Fresh Chef Frozen Meals are manufactured in the same facility as meals which contain Gluten, therefore we cannot guarantee the meals won't contain traces of Gluten. For this reason, we refrain from claiming that our meals are "Gluten free", thus we strongly recommend that Celiacs avoid our meals.

Our meals with no added Gluten are designed for the customer who wishes to avoid Gluten for other purposes ~ outside of Celiac disease.

General Allergen Information

Meals are prepared in a Restaurant Kitchen that may contain traces of sulphites, cereals containing gluten (e.g. wheat), shellfish, eggs, fish, milk, peanuts, soybeans, sesame seeds, tree nuts and lupin.

Storage Instructions

Keep Frozen until ready to eat. Once defrosted keep refrigerated for up to 5 days

Heating Instructions

[For Bulk Meals heating see helpful page here](#)

For best results use microwave from frozen – suggested times may vary:

- 1) Pierce bag & microwave on high for FOUR mins.
- 2) Rest for TWO minutes to allow permeation.
- 3) Microwave on high for further TWO - THREE mins.
- 4) Ensure meal is rested & cooked through. 5) Enjoy and serve.

Beef Cheek & Kumara Mash
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
25g	68g	9g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1903kJ	476kJ
Calories	453cal	113cal
Protein	25g	6g
Fat, Total	9g	2g
-saturated	2g	1g
Carbohydrate	68g	17g
-sugars	26g	7g
Sodium	429mg	107mg

Ingredients

Beef Cheek (30%), Beef Gravy (25%) [Modified Starch (1422), Rice Flour, Flavour Enhancers (621,635), Onion, Tomato, Celery, Sugar, Soy Sauce, Food Acid (330)]. Kumara mash (50%)[Kumara, Unsalted Butter(5%) (Pasteurised Cream, Milk Fat 80%),salt]. Green beans, Broccoli (20%).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for more details

Mongolian Beef Cheek
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
29g	27g	22g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1767kJ	442kJ
Calories	421cal	105cal
Protein	29g	7g
Fat, Total	22g	5g
-saturated	14g	4g
Carbohydrate	27g	7g
-sugars	3g	1g
Sodium	160mg	40mg

Ingredients

Beef Cheek (30%), Beef Marinade [Beef (90%), Beef Stock (Iodised Salt, Sugar, Corn Starch, Beef Fat (5%), Yeast Extract, **Soy** Sauce Powder, Colour (150c), Hydrolysed Vegetable Protein, Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herb, Red Wine, **Mustard**], Beef Sauce (32%) Water, sugar, **soy** sauce (17%) (water, **soybeans**, rice, salt), sherry, thickeners (1422, 415), onion, chillies (1.6%), vegetable oil, food acids (acetic, lactic), garlic, yeast extract, colour (150d), salt, natural flavour. Potatoe Gratin (30%) [Agria potato (89%), cream (**milk**), potato starch, potato flake, salt, garlic, pepper]. Green beans (10%), Bok Choy (10%).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

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Butter Chicken & Basmati Rice
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
26g	33g	20g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1733kJ	433kJ
	413cal	103cal
Protein	26g	6g
Fat, Total	20g	5g
-saturated	8g	2g
Carbohydrate	33g	8g
-sugars	6g	1g
Sodium	629mg	157mg

Ingredients

Marinated Chicken Breast (20%) [Chicken Breast (80%), Yoghurt [**Milk solids**, Gelatine, Cultures], Red Food Colouring (Water, Food Colour(124), Food Acid(330), Preservatives(211, 202), Spices, Butter Chicken Sauce (42%) [Tomatoes, Unsalted Butter (Pasteurised Cream, **Milk Fat** 80%), Cream (**Milk**), Onion, Chicken Stock (Iodised Salt, Sugar, Corn Starch, Chicken Fat(3.5%), Onion Powder, Yeast Extract, Flavour, Chicken Powder (0.5%), Flavour Enhancer (635), Turmeric, Colour (150c)), Red Food Colouring (Water, Food Colour(124), Food Acid(330), Preservatives (211, 202)), Spices, Coriander] Basmati Rice (38%).

Allergen Information

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May contain **Wheat, Gluten, Fish, Molluscs, Egg, Soy, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for more details

Thai Prawn Curry & Basmati Rice
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
10g	53g	20g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1779kJ	445kJ
	424cal	106cal
Protein	10g	2g
Fat, Total	20g	5g
-saturated	4g	1g
Carbohydrate	53g	13g
-sugars	5g	1g
Sodium	323mg	81mg

Ingredients

Prawn Cutlet (20%) Curry Sauce (42%) [Dried red chili, garlic, lemon grass, salt, shallot, galangal, shrimp paste, kaffir lime peel, pepper, Coconut Cream, Stabilizer (466), Thicker (415), Emulsifier (435), Cream (Milk) Coriander], Mushrooms, Onion, Garlic, Spring Onion, Basmati Rice (38%).

Allergen Information

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May contain **Wheat, Gluten, Fish, Molluscs, Egg, Soy, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for more details

Beef Curry & Basmati Rice
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
10g	53g	20g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1779kJ	445kJ
	424cal	106cal
Protein	10g	2g
Fat, Total	20g	5g
-saturated	4g	1g
Carbohydrate	53g	13g
-sugars	5g	1g
Sodium	323mg	81mg

Ingredients

Beef Cheek (25%), Curry Sauce (38%) [Tomatoes, Cream(**Milk**)(80%), Unsalted Butter (Pasteurised Cream, **Milk** Fat 80%), Sugar, Ginger, Garlic, Garam Masala, Coriander, Yoghurt [**Milk** solids, Gelatine, Cultures], Spices, Herbs, **Sesame** Seeds, Shallots, Basmati Rice (37%).

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May contain **Wheat, Gluten, Fish, Molluscs, Egg, Soy, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for more details

Chicken Breast & Mash
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
18g	33g	13g
	Servings per package	1
	Serving size	350g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1339kJ	383kJ
	319cal	91cal
Protein	18g	5g
Fat, Total	13g	4g
-saturated	2g	1g
Carbohydrate	33g	9g
-sugars	2g	0g
Sodium	722mg	206mg

Ingredients

Chicken Breast (30%), Bacon and Mushroom Sauce (32%) [Button Mushrooms (20%), Bacon (10%), Cream (**Milk**), Modified Starch (1422), Rice Flour, Salt, Flavour Enhancers (621,635), Vegetables (Onion, Tomato, Celery), **Soy** Sauce Powder, Spices, 80%), Garlic (9%), Canola Oil. Potatoe mash (50%)[Potatoes(95%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%), Cream(**Milk**)]. Green beans (10%), Spinach (5%), Peas(5%).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for more details

Satay Chicken and Asian Greens
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
27g	17g	35g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	2030kJ	507kJ
Calories	483cal	121cal
Protein	27g	7g
Fat, Total	35g	9g
-saturated	4g	1g
Carbohydrate	17g	4g
-sugars	4g	1g
Sodium	317mg	79mg

Ingredients

Chicken Breast (30%), Chicken Marinade [Chicken Breast (90%), Garlic, Rosemary, Salt, Spices], Satay Sauce (32%) [Water, sugar, roasted **peanuts** (13%), coconut milk powder (2.7%) (contains **milk**), salt, vegetable oils (canola, **sesame**), garlic, thickeners (1422, 415), onion, food acid (lactic), colours (160c, 150d), cumin, chillies natural flavours]. Cous Cous (20%) [Durum **Wheat** Semolina, Water].
Bok Choy (10%), Green beans (5%), Peas(2%).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for more details

Satay Tofu and Asian Greens
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
18g	26g	17g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1390kJ	347kJ
	331cal	83cal
Protein	18g	5g
Fat, Total	17g	4g
-saturated	3g	1g
Carbohydrate	26g	7g
-sugars	7g	2g
Sodium	659mg	165mg

Ingredients

Tofu (30%) **Soya** beans, filtered water, natural coagulant nigari. Satay Sauce (32%) [Water, sugar, roasted **peanuts** (13%), coconut milk powder (2.7%) (contains **milk**), salt, vegetable oils (canola, sesame), garlic, thickeners (1422, 415), onion, food acid (lactic), colours (160c, 150d), cumin, chillies natural flavours]. Cous Cous (20%) [Durum **Wheat** Semolina, Water], Bok Choy (10%), Green beans (5%), Peas(2%).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for more details

Creamy Penne Chicken Pasta
NUTRITIONAL INFORMATION

Typical Values

PROTEIN	CARBS	FAT
14g	59g	17g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1846kJ	461kJ
Calories	440cal	110cal
Protein	14g	3g
Fat, Total	17g	4g
-saturated	7g	2g
Carbohydrate	59g	15g
-sugars	6g	2g
Sodium	525mg	131mg

Ingredients

Penne Pasta (30%), Flour, **Wheat** Flour, **Eggs**, Water, Salt), Chicken Breast (30%), Chicken Marinade [Chicken Breast (90%), Garlic, Rosemary, Salt, Spices], Bacon and Mushroom Sauce (32%) [Button Mushrooms (20%), Bacon (10%), Cream (**Milk**), Standardised **Milk** (Ultrafiltered **Milk**, Skim **Milk**, Cream), Vitamin (A, D), Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551)(Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder, Colours (150c, 160a), Vegetable Gums (412,415), Spices, Food Acid (330), 80%), Garlic (9%), Canola Oil, Cheddar Cheese (8%) Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200). Spinach (2%).

Allergen Information

Our Meals are manufactured in the same facility as meals that do contain Gluten we cannot guarantee they don't have traces of Gluten in them, hence we don't claim they are Gluten free. It is strongly recommended Coeliacs avoid our meals. If you are just trying to avoid gluten/carbs for other reasons you are absolutely fine to consume.

May contain, Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans and Tree nuts from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for details

Chickpea & Vegetable Curry
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
8g	29g	14g
	Servings per package	1
	Serving size	500g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1143kJ	229kJ
Calories	272cal	54cal
Protein	8g	2g
Fat, Total	14g	3g
-saturated	2g	0g
Carbohydrate	29g	6g
-sugars	12g	2g
Sodium	311mg	62mg

Ingredients

Curry Sauce (42%) [Tomatoes, Unsalted Butter (Pasteurised Cream, **Milk** Fat 80%), Cream (**Milk**), Onion, Vegetable Stock (Corn Starch, Sugar, Yeast Extract, Flavours (Celery), Herbs (6.5%), Vegetable Fat, Onion, Spices, Food Acid (Citric), Contains **Milk**, **Mustard**, Sulphites, Red Food Colouring (Water, Food Colour(124), Food Acid(330), Preservatives (211, 202)), Spices, Coriander] Basmati Rice (38%), Broccoli, Carrot, Onion, Courgette, Mixed Veggies.

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for details

Creamy Seafood Chowder
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
29g	19g	23g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1673kJ	418kJ
Calories	398cal	100cal
Protein	29g	7g
Fat, Total	23g	6g
-saturated	14g	4g
Carbohydrate	19g	5g
-sugars	4g	1g
Sodium	781mg	195mg

Ingredients

Chowder Sauce (60%), [Fresh **Milk** (70%), (Iodised Salt, Sugar, Corn Starch, Onion Powder, Yeast Extract, Flavour, Chicken Powder (0.5%), Flavour Enhancer (635), Turmeric, Red Chilli, Garlic, Flavour Enhancers (INS 621)], (**Soy** Sauce, Vegetable Protein Extract (**Soy**/Maize), Molasses, Flavours)], Unsalted Butter (Pasteurised Cream, **Milk** Fat 80%), Cream (Milk), Flour (Contains **Wheat**)], (Surimi (10%) **Fish** Surimi (51%)[Egg White Powder], **Wheat** Starch, Crab Flavour [Contains Crab Extract, **Soy** Sauce, **Fish** Protein, Flavour (627, 631)], **Wheat** Flour), Mussels (10%), Clams(5%), Prawns(5%) **Crustaceans**, Squid (5%), Herbs, Cream (**Milk**).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

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NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
19g	22g	4g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	822kJ	206kJ
Calories	196cal	49cal
Protein	19g	5g
Fat, Total	4g	1g
-saturated	2g	0g
Carbohydrate	22g	5g
-sugars	9g	2g
Sodium	45mg	11mg

Ingredients

Fish (30%) Cream (Milk) (80%), (Chilli Sauce (5%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (Soy Sauce (25%), Molasses, Flavours]), Coriander (1%), Capsicums (2%), Brown Onions (1%), Garlic (1%), Maize Corn Flour] Kumara mash (50%) [Kumara (95%), Unsalted Butter (5%) (Pasteurised Cream, Milk Fat 80%), salt]. Green beans (10%), Spinach (5%), Peas (5%).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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[See freshchef.nz for more details](http://freshchef.nz)

Glazed Ham & Vegetables
NUTRITIONAL INFORMATION

		<i>Typical Values</i>	
<u>PROTEIN</u>		<u>CARBS</u>	<u>FAT</u>
17g		39g	14g
		Servings per package	1
		Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g	
	Energy	1484kJ	371kJ
	Calories	353cal	88cal
	Protein	17g	4g
	Fat, Total	14g	4g
	-saturated	2g	1g
	Carbohydrate	39g	10g
	-sugars	23g	6g
	Sodium	1598mg	399mg

Ingredients

Ham (25%), Dextrose, Sugar, Thickeners (1412, 407a, 415), Starch (Potatoe, Tapioca), Mineral salts (451, 450, 452, 500), Antioxidant (316), Preservatives (250), Potatoes (25%), Honey **Mustard** Sauce (2%)[Honey (9%), Glucose Syrup, **Mustard** Seed 4%, **Egg** Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum(Contains **Soy**)), Whey Protein (Contains **Milk**), Turmeric), Herbs], **Soy** Chilli Sauce, Acetic Acid (1%), Flavour Enhancers (INS 621) 0.2%], (Soy Sauce (25%) [Vegetable Protein Extract (Soy/Maize)(31.5%), Molasses, Acidity Regulator (270),Coriander (5%)), Peas.

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for more details

Corned Silverside and Potatoe Mash
NUTRITIONAL INFORMATION

		<i>Typical Values</i>
<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
17g	39g	14g
	Servings per package	1
	Serving size	400g
Average Quantity per Serving		
Energy	1484kJ	371kJ
Calories	353cal	88cal
Protein	17g	4g
Fat, Total	14g	4g
-saturated	2g	1g
Carbohydrate	39g	10g
-sugars	23g	6g
Sodium	1598mg	399mg

Ingredients

Silverside (25%)[Beef (80%), Brine (Water, Seasoning (Sugar, Mineral Salts (451, 452, 508, 450), Dextrose (Maize), Vegetable Gum (407a), Salt, Antioxidant (316), Preservative (250), Hydrolysed Vegetable Protein (Maize), Herb Extract), Moisture Binder (Tapioca Starch, Modified Starch (1412), **Soy** Protein Isolate, Sugar, Vegetable Gums (407a, 412), Mineral Salt (508), Thickener (466)), Salt, SLE (Acidity Regulator (262), Food Acid (331), Sucrose, Salt, Antioxidant (301)), Sugar. Potatoe mash (50%)[Potatoes(95%), Unsalted Butter(5%) (Pasteurised Cream, Milk Fat 80%),salt, Cream(Milk)], Honey **Mustard** Sauce (2%)[Water, Vegetable Oil, (Contains Antioxidants (Butylated Hydroxyanisole)), Honey (9%), Sugar, Glucose Syrup, **Mustard** Seed 4%, **Egg** Yolk, Food Acids (Acetic, Citric), Salt, Thickeners (Modified Cornstarch, Xanthan Gum(Contains **Soy**)), Whey Protein (Contains **Milk**), Turmeric, Color (Caramel (150c)), Marjoram, Thyme, Garlic Extract, Spice Extract], **Soy** Chilli Sauce (1%) (Chilli Sauce (70%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%)[Water, Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]), Peas (5%).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

[See freshchef.nz for more details](http://freshchef.nz)

NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
17g	26g	24g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1613kJ	403kJ
Calories	384cal	96cal
Protien	17g	4g
Fat, Total	24g	6g
-saturated	10g	2g
Carbohydrate	26g	6g
-sugars	1g	0g
Sodium	413mg	103mg

Ingredients

Pork Sausages (30%) Pork sauages [Pork (85%), Water, Maize Cornflour, Salt, Sugar, Mineral Salts (451, 450), Dehydrated Vegetables (Garlic, Onion), Fibre, Preservatives (223), Herb, Herb Extract, Yeast Extract, Antioxidant (316), Spice Extract, Natural Hog Casing], Mashed Potatoes (30%) [Potatoes (90%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%), Beef Gravy (25%) [Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551)(Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder, Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330)], Onion Jam (7.55)[Onions (76%), Sugar, Red wine Vineger, Olive Oil, Peas (7.5%).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for details

Wagu Beef Sausages and Mash
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
17g	26g	20g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1454kJ	364kJ
Calories	346cal	87cal
Protien	17g	4g
Fat, Total	20g	5g
-saturated	8g	2g
Carbohydrate	26g	6g
-sugars	2g	0g
Sodium	428mg	107mg

Ingredients

Beef Sausages (30%) Beef Sauages [Wagu Beef (85%), Water, Maize Cornflour, Salt, Sugar, Mineral Salts (451, 450), Dehydrated Vegetables (Garlic, Onion), Fibre, Preservatives (223), Herb, Herb Extract, Yeast Extract, Antioxidant (316), Spice Extract, Spices Natural Hog Casing], Mashed Potatoes (30%) [Potatoes (90%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%), Beef Gravy (25%) [Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551) (Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder, Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330)], Onion Jam (7.55)[Onions (76%), Sugar, Red wine Vineger, Olive Oil, Peas (7.5%).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for details

Lasagne
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
25g	47g	29g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	2287kJ	572kJ
Calories	545cal	136cal
Protien	25g	6g
Fat, Total	29g	7g
-saturated	14g	4g
Carbohydrate	47g	12g
-sugars	9g	2g
Sodium	4mg	1mg

Ingredients

Beef Mince (40%), Beef Mince (40%), Crushed Tomatoes, Beef Gravy (25%) [Modified Starch (1422), Rice Flour, Flavour Enhancers (621,635), Onion, Tomato, Celery, Sugar, Soy Sauce, Food Acid (330)], Peas, Carrots Corn, (Soy Sauce (25%)[Vegetable Protein Extract (Soy/Maize), Molasses, Acidity Regulator (270),Coriander (5%), Red Wine, Canola Oil, Garlic, Gravy Browning, Acidity Regulator (260), Herbs, spices) Soy Chilli Sauce (70%), Acetic Acid (1%), Flavour Enhancers (INS 621) 0.2%], (Soy Sauce (25%)[Vegetable Protein Extract (Soy/Maize)(31.5%), Molasses, Acidity Regulator (270),Coriander (5%), Cheese Sauce (40%) (Fresh **Milk** (70%), Flour (15%) **Wheat** Flour, Unsalted Butter (15%) (Pasteurised Cream, **Milk** Fat 80%), Pasta (15%, **Eggs**, Water, Salt), Cheddar Cheese (5%) Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200), Tomato Relish (5%) (Sugar, Modified Maize Starch (1422), Acidity Regulator (260)), Spinach.

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for details

Mac n' Cheese n' Ham
NUTRITIONAL INFORMATION

Typical Values

PROTEIN

23g

CARBS

44g

FAT

13g

Servings per package

1

Serving size

350g

**Average Quantity per
Serving**

**Average Quantity per
100g**

Energy

1591kJ

455kJ

Calories

379cal

108cal

Protein

23g

6g

Fat, Total

13g

4g

-saturated

8g

2g

Carbohydrate

44g

12g

-sugars

8g

2g

Sodium

810mg

231mg

Ingredients

Macaroni Pasta (60%), Flour, **Wheat** Flour, **Eggs**, Salt), Unsalted Butter (15%) (Pasteurised Cream, **Milk** Fat 80%), Cream (**Milk**), Ham (7%)[Pork (81%) Dextrose, Sugar, Thickeners (1412, 407a, 415), Starch (Potatoe, Tapioca), Mineral salts (451, 450, 452, 500), Antioxidant (316), Preservatives (250), Yeast Extract, Cheddar Cheese (2%) Pasteurised **Milk**, Salt, Cultures, Anticaking Agent (460), Preservative (200), Truffle.

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for more details

Pork belly bites & Sticky Rice
NUTRITIONAL INFORMATION

Typical Values

PROTEIN

23g

CARBS

47g

FAT

24g

Servings per package

1

Serving size

400g

**Average Quantity per
Serving**

**Average Quantity per
100g**

Energy

2066kJ

517kJ

Calories

492cal

123cal

Protein

23g

6g

Fat, Total

24g

6g

-saturated

3g

1g

Carbohydrate

47g

12g

-sugars

2g

1g

Sodium

668mg

167mg

Ingredients

Pork Belly (30%), Pork Marinade [Pork Belly (95%), Salt, Chilli Flake, Fennel Seeds], Brown Rice (40%), **Soy** Chilli Sauce (10%)(Chilli Sauce (70%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%)[Water, Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]), Coriander (5%), Green Beans (10%).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for more details

Pork belly bites & Sticky Rice
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
19g	35g	33g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	2155kJ	539kJ
Calories	513cal	128cal
Protein	19g	5g
Fat, Total	33g	8g
-saturated	13g	3g
Carbohydrate	35g	9g
-sugars	1g	0g
Sodium	570mg	143mg

Ingredients

Pork belly (25%), Sushi Rice (37.5%) Japonica short grain rice, Black bean sauce (25%)[Sweet Chilli Sauce (70%), Salted chili peppers, fermented soybean paste (**Soybeans**, wheat), sugar, garlic, fennel, sesame oil, shallot, modified corn starch, lactic acid, Acetic Acid (1%), Flavour Enhancers (INS 621) 0.2%), (**Soy Sauce** (25%)[Vegetable Protein Extract (Soy/Maize)(31.5%), Molasses, Acidity Regulator (270), Coriander (5%)], Broccoli(6%), Bok Choy(6%), Spring Onion(0.5%), Sesame seeds.

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for more details

Roast Pork & Vegetables
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
25g	42g	16g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1717kJ	429kJ
	409cal	102cal
Protein	25g	6g
Fat, Total	16g	4g
-saturated	5g	1g
Carbohydrate	42g	11g
-sugars	25g	6g
Sodium	485mg	121mg

Ingredients

Pork 25%, Marinade [Herbs, Red Wine, **Mustard**], Beef Gravy (32%) [Maltodextrin (from corn), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551), Vegetables (Onion, Tomato, Celery), Sugar Yeast Extract, **Soy** Sauce Powder, Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330), Potatoes 10%, Pumpkin 10%, Carrot 10%, Peas 5%, Garlic Butter [unsalted butter (90%) (Pasteurised Cream, **Milk** Fat 80%), Garlic, Canola Oil.

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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See freshchef.nz for more details

Roast Beef & Vegetables
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
23g	37g	9g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1336kJ 318cal	334kJ 80cal
Protein	23g	6g
Fat, Total	9g	2g
-saturated	1g	0g
Carbohydrate	37g	9g
-sugars	20g	5g
Sodium	199mg	50mg

Ingredients

Beef (25%), Beef Marinade [Beef (90%), Beef Stock (Iodised Salt, Sugar, Corn Starch, Beef Fat (5%), Yeast Extract, **Soy** Sauce Powder, Colour (150c), Hydrolysed Vegetable Protein, Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herb, Red Wine, **Mustard**], Beef Gravy (32%) [Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551)(Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder, Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330)], Tuscan Potatoes (10%) [Potatoes (98%), Tuscan Seasoning (2%) Salt, Sugar, Garlic (contains **Sulphites**), Pepper, Rosemary, Parsley, Vegetable Oil, Pumpkin (10%), Carrot (10%), Peas (5%), Kumara (5%), Garlic Butter (3%) [unsalted butter (90%) (Pasteurised Cream, **Milk** Fat 80%), Garlic (9%), Canola Oil.

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for details

Roast Chicken Breast & Vegetables
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
30g	38g	7g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1389kJ	347kJ
Calories	331cal	83cal
Protein	30g	8g
Fat, Total	7g	2g
-saturated	1g	0g
Carbohydrate	38g	9g
-sugars	20g	5g
Sodium	304mg	76mg

Ingredients

Chicken Breast 25%, Marinade [Herbs, Red Wine, Mustard], Beef Gravy (32%) [Modified Starch (1422), Rice Flour, Flavour Enhancers (621,635), Vegetables (Onion, Tomato, Celery), Sugar Yeast Extract, Soy Sauce, Potatoe Gratin (10%) [Agria potato (89%), cream (milk), salt, garlic, pepper], Pumpkin 10%, Carrot 10%, Peas 5%, Garlic, Canola Oil.

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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Moroccan Lamb and Potatoe Gratin
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
21g	26g	12g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1226kJ	307kJ
Calories	292cal	73cal
Protein	21g	5g
Fat, Total	12g	3g
-saturated	3g	1g
Carbohydrate	26g	6g
-sugars	10g	2g
Sodium	518mg	129mg

Ingredients

Lamb Shoulder (30%), Moroccan Spice, Sugar, Rice Flour, Paprika, Rosemary, Turmeric, Food Acid (Citric), Capsicum, Coriander Seed, Cumin, Olive Oil, Curry Powder, Beef Gravy (25%) [Modified Starch (1422), Rice Flour, Salt, Flavour Enhancers (621,635), Onion, Tomato, Celery, Sugar, **Soy** Sauce, Food Acid (330)], Potatoe Gratin (10%) [Agria potato (89%), cream (**milk**), garlic, pepper], Brocoli, Peas, Green Beans.

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for more details

Mince & Mash
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
22g	43g	6g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1310kJ	328kJ
Calories	312cal	78cal
Protein	22g	5g
Fat, Total	6g	2g
-saturated	2g	0g
Carbohydrate	43g	11g
-sugars	5g	1g
Sodium	17mg	4mg

Ingredients

Beef Mince (40%), Beef Mince Mix [Beef Mince 70%, Crushed Tomatoes ((20%), Tomatoes, Tomato Puree, Salt, Food Acid (Citric Acid)), Beef Gravy ((5%), Maltodextrin (from corn), Modified Starch (1422), Rice Flour, Iodised Salt, Modified Starch (1442), Flavour Enhancers (621,635), Beverage Whitener (Antioxidants (307b), Stabiliser (340, 451), Emulsifiers (471,481), Anti-Cake Agent (551)(Contains **Milk** and **Soy**)), Vegetables (Onion, Tomato, Celery), Vegetable Fat, Sugar Yeast Extract, **Soy** Sauce Powder Colours (150c, 160a), Vegetable Gums (412,415), Spice, Food Acid (330), Pea, Carrots Corn, **Soy** Chilli Sauce (2%) (Chilli Sauce (70%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%) [Water, Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]), Onions, Red Wine, Canola Oil, Garlic, Gravy Browning (Water, Natural Colour (Caramel), Acidity Regulator (260), Herbs, spices), Mashed Potatoes (50%) [Potatoes (90%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%), Cheddar Cheese (5%) Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200).

Allergen Information

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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[See freshchef.nz for details](http://freshchef.nz)

Beef & Kumara Cottage Pie
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
43g	45g	63g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	3860kJ	965kJ
Calories	919cal	230cal
Protein	43g	11g
Fat, Total	63g	16g
-saturated	15g	4g
Carbohydrate	45g	11g
-sugars	16g	4g
Sodium	876mg	219mg

Ingredients

Beef Mince (40%), Crushed Tomatoes, Beef Gravy (25%) [Modified Starch (1422), Rice Flour, Flavour Enhancers (621,635), Onion, Tomato, Celery, Sugar, **Soy** Sauce, Food Acid (330)], Peas, Carrots, Corn, (**Soy** Sauce (25%)[Vegetable Protein Extract (**Soy**/Maize), Molasses, Acidity Regulator (270),Coriander (5%), Red Wine, Canola Oil, Garlic, Gravy Browning, Acidity Regulator (260), Herbs, spices), Kumara(50%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%),Cheddar Cheese (5%) [Pasteurised **Milk**, Salt, Cultures]).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for details

Ribs & Mash
NUTRITIONAL INFORMATION

Typical Values

PROTEIN

14g

CARBS

26g

FAT

17g

Servings per package

1

Serving size

400g

**Average Quantity per
Serving**

**Average Quantity per
100g**

Energy

1292kJ

323kJ

Calories

308cal

77cal

Protein

14g

4g

Fat, Total

17g

4g

-saturated

10g

2g

Carbohydrate

26g

6g

-sugars

1g

0g

Sodium

240mg

60mg

Ingredients

Pork Ribs (40%), Pork Marinade [Pork Ribs 80%, Concentrated Tomatoes, Sugar, Salt, Food Acids (Acetic Acid, Citric Acid), Colour (Caramel 111), Flavours (Including Garlic, Hickory Smoke), Vegetable Gum (415), Spices], Mashed Potatoes (40%) [Potatoes (90%), Unsalted Butter(5%) (Pasteurised Cream, **Milk** Fat 80%), BBQ Sauce (10%)[Sugar, Tomato Paste, Apple Paste, Treacle, Thickeners, (E1422, E415), White Vinegar, Salt, Flavour, Spices, Colour (E150d), Onion Powder, Acidity Regulator (E330), Preservative (E202)], Corn (10%).

Allergen Information

Fresh Chef Frozen Meals are manufactured in the same facility as meals which contain Gluten, therefore we cannot guarantee the meals won't contain traces of Gluten. For this reason, we refrain from claiming that our meals are "gluten free", thus we strongly recommend that Celiacs avoid our meals. Our meals with no added Gluten are designed for the customer who wishes to avoid gluten for other purposes ~ outside of Celiac disease.

May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

Store frozen meals in freezer at -16 degrees celsius or below, once product is defrosted keep refrigerated at 5 degrees celsius or below and consume within 5 days.

See freshchef.nz for more details

Sticky Date Pudding
NUTRITIONAL INFORMATION

Typical Values

PROTEIN

8g

CARBS

73g

FAT

34g

Servings per package

1

Serving size

400g

**Average Quantity per
Serving**

**Average Quantity per
100g**

Energy

2624kJ

656kJ

Calories

625cal

156cal

Protein

8g

2g

Fat, Total

34g

\\

-saturated

34g

8g

Carbohydrate

73g

18g

-sugars

71g

18g

Sodium

225mg

56mg

Ingredients

Sticky Date Pudding (80%) [Dates (20%), Flour (15%) **Wheat** Flour, Brown Sugar (15%), **Eggs** (5%), Unsalted Butter (10%) (Pasteurised Cream, **Milk** Fat 80%), Cream (**Milk**), Sodium Bicarbonate (100%)], Caramel Sauce (20%)[Unsalted Butter, Cream (**Milk**), Brown Sugar (25%).

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Tortellini (Also see Pumpkin Tortellini)

NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
12g	44g	8g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1229kJ	307kJ
Calories	293cal	73cal
Protein	12g	3g
Fat, Total	8g	2g
-saturated	2g	0g
Carbohydrate	44g	11g
-sugars	6g	2g
Sodium	17mg	4mg

Ingredients

Tortellini Pasta (40%)(Durum Semolina Flour, Water, Spinach Leaf (15%), Flour (contains **Wheat**, Potatoe (Potato Flakes), Tasty Cheese (Contains **Milk**, Salt, Vegetarian Rennet, Cultures), Ricotta (Contains **Milk**, Cultures, Salt, Acidity Regulator (270)), **Milk** Powder (Contains Emulsifier (322-Soy)), Parmesan Cheese (Contains **Milk**, Salt, Cultures, Enzymes), **Egg**, Spinach Powder, Canola Oil, Salt, Garlic, Nutmeg, White Pepper). Tomato Sauce (40%)[Crushed Tomatoes(100%), (Tomato Puree, Salt, Citric Acid), Basil Pesto (5%)(Fresh Basil (17%), Sunflower Seeds, Parmesan Cheese,[**Milk**, Starter Culture, Enzyme], **Almonds**, **Cashews**, Fresh Parsley, Olive Oil, Garlic, **Mustard** Oil, Citric Acid, Salt), Cream (**Milk**), Cream Onions, Garlic, Herbs, **Soy** Chilli Sauce (1%) (Chilli Sauce (70%) [Water, Sugar, Red Chilli (11%), Garlic (4%), Modified Starch (3%), Acetic Acid (1%), Salt 0.8%, Flavour Enhancers (INS 621) 0.2%]), (**Soy** Sauce (25%)[Water, Vegetable Protein Extract (**Soy**/Maize)(31.5%), Molasses, Burnt Sugar, Acidity Regulator (270), Flavours, Salt]). Cheddar Cheese (20%) Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet), Anticaking Agent (460), Preservative (200).

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May contain, **Fish, Molluscs, Egg, Peanuts, Sesame, Crustaceans** and **Tree nuts** from manufacturing

Storage

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[See freshchef.nz for more details](http://freshchef.nz)

Pumpkin Tortellini
NUTRITIONAL INFORMATION

Typical Values

<u>PROTEIN</u>	<u>CARBS</u>	<u>FAT</u>
12g	44g	8g
	Servings per package	1
	Serving size	400g
	Average Quantity per Serving	Average Quantity per 100g
Energy	1229kJ	307kJ
Calories	293cal	73cal
Protein	12g	3g
Fat, Total	8g	2g
-saturated	2g	0g
Carbohydrate	44g	11g
-sugars	6g	2g
Sodium	17mg	4mg

Ingredients

Tortellini Pasta (40%) **Wheat** Flour, Pumpkin (18%), Potato Flakes (Potatoes, Emulsifier (471)), Ricotta (3.5%), Preservative (202), **Milk** Powder, Parmesan Cheese, **Egg** Powder, Salt, Canola Oil, Herbs & Spices, Garlic, Pepper) Tomato Sauce (40%) Crushed Tomatoes, (Tomato Puree, Citric Acid), Basil Pesto (5%) (Fresh Basil (17%), Sunflower Seeds, Parmesan Cheese, **Almonds**, **Cashews**, Parsley, **Mustard** Oil), Cream (**Milk**), Red Chilli (11%), Onions, Sugar, Coriander, Flavour Enhancers (INS 621), **Soy** Sauce, Molasses, Cheddar Cheese (20%) Pasteurised **Milk**, Salt, Cultures, spinach.

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