

Product Specification

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Nutrifresh

Seafood Mornay Minced Individual Portions Code: NF390

Minced fish, seafood mix and prawns mixed with bechamel sauce and cheese, in individual portions.

Ingredient Declaration

Bechamel Sauce [Full Cream Milk, Water, Margarine (Animal Fat and Vegetable Oil, Water, Salt, Milk Solids, Emulsifiers (322, 471), Antioxidant (320), Flavour, Colour (160a)), Flour, Full Cream Milk Powder, Starch, Salt, Nutmeg, Bay Leaves], Fish (29%) (Hoki), Seafood Mix (14%) (Fish (Threadfin bream), Water, Starch (Wheat Starch, Wheat Flour, Tapioca Starch), Sugar, Crab Flavour & Extract, Salt, Vegetable Oil, Preservative (621, 450, 451), Colour (120, 160c)), Cheese (Cheese (Pasteurised Milk, Salt, Starter Cultures, Non-Animal Rennet, Non-Animal Lipase), Anti-Caking Agent (460)), Onion, Potato Mix (Potatoes, Stabilisers (471, 450), Preservative (223)), Prawns (3%) (Shrimp, Salt, Water, Stabilizers (451, 452)), White Wine, Lemon Juice, Salt, Pepper, Dried Parsley.



Unit Weight		1.08 kg			
Nutrition Information		Group		4	
Servings per package: 9 • Serving Size: 120 g		Analysis Type		Theoretical	
	Average Quantity per Serving	Average Quantity per 100 g			
Energy (kJ)	620 (148 Cal)	517 (123 Cal)			
Protein (g)	11.2	9.3			
Fat, Total (g)	5.4	4.5			
- Saturated (g)	3.3	2.7			
Carbohydrate (g)	10.5	8.8			
- Sugars (g)	5.3	4.4			
Sodium (mg)	293	244			
Labelling				Rethurmulation Instructions	
Carton Label Applied	YES	Ingredient List	YES	Reheat from frozen in microwave covered for approx. 4 minutes on medium heat. CAUTION: PRODUCT MAY BE VERY HOT AFTER REHEATING.	
Product Label Applied	YES	Units per Carton	10		
Inner Barcode	9352380000967			Nutrifresh Authorisation Jessica Pope Nutritionist & Product Development Officer BSc of Health Science MSc of Dietetics	
Carton Barcode	19352380000964				
Allergens	Contains Milk, Soy, Gluten, Fish, Shellfish, Sulphites, Wheat. May Contain Sesame.				
Shelf Life	Frozen Product - Best Before 365 days from date of manufacture.				
Storage	Store at -18 degrees C.				
Food Safety HACCP	NutriFresh is committed to the production of high quality, safe food products. To this end we have developed and implemented a Quality System that meets the requirements of HACCP Certification and AS/NZS ISO 9001:2015.				

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