

Product Specification

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Seafood Mornay Pureed Meal Code: NF475

Minced seafood mornay with bechamel sauce and side of mashed potato, carrots and peas.

Ingredient Declaration

Seafood Mornay [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 Flakes (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, Prawns (2.69%), White Wine, Lemon Juice].

Mashed Potato [Potato (90%), Milk Mixture [Full Cream Milk Powder (Whole Milk, Milk Solids), Margarine (Animal Fat and Vegetable Oil, Water, Salt, Milk Solids, Emulsifiers (322), 471), Antioxidant (320), Flavour, Colour (160a)), Water], Salt, Pepper], Starch (1%).

Carrots, Starch (1%).

Peas, Starch (1%).

Unit Weight	350 g			Group	Individual Meals - Pureed		
Nutrition Information				Analysis Type		Theoretical	
Seafood Mornay with Bechamel Sauce				Carrots			
Servings per package: 1 • Serving Size: 140g				Servings per package: 1 • Serving Size: 60 g			
	Average Quantity per Serving	Average Quantity per 100 g		Average Quantity per Serving	Average Quantity per 100 g		
Energy (kJ)	638 (152 Cal)	456 (109 Cal)	Energy (kJ)	81 (19 Cal)	134 (32 Cal)		
Protein (g)	12.4	8.9	Protein (g)	0.5	0.9		
Fat (g)	6.2	4.5	Fat (g)	less than 0.1	less than 0.1		
- Saturated (g)	3.8	2.7	- Saturated (g)	0.0	0.0		
Carbohydrate (g)	8.3	5.9	Carbohydrate (g)	3.3	5.5		
- Sugars (g)	3.4	2.4	- Sugars (g)	3.2	5.4		
Sodium (mg)	329	235	Sodium (mg)	24	41		
Peas				Potato			
Servings per package: 1 • Serving Size: 60g				Servings per package: 1 • Serving Size: 90g			
	Average Quantity per Serving	Average Quantity per 100 g		Average Quantity per Serving	Average Quantity per 100 g		
Energy (kJ)	174 (42 Cal)	290 (69 Cal)	Energy (kJ)	268 (64 Cal)	297 (71 Cal)		
Protein (g)	2.7	4.4	Protein (g)	2.3	2.6		
Fat (g)	0.3	0.5	Fat (g)	0.4	0.4		
- Saturated (g)	less than 0.1	0.2	- Saturated (g)	0.2	0.2		
Carbohydrate (g)	6.9	11.4	Carbohydrate (g)	10.7	11.9		
- Sugars (g)	2.9	4.7	- Sugars (g)	0.7	0.8		
Sodium (mg)	1	2	Sodium (mg)	28	31		
Labelling				Rethurmulation Instructions			
Carton Label Applied	YES	Ingredient List	YES	1. Peel back film or pierce film above each compartment 2. Reheat frozen meal in microwave on high 6-7 minutes or in oven for 40 minutes at 160 degrees C. 3. Allow tray to stand for 2 minutes 4. Carefully remove film and serve CAUTION: PRODUCT MAY BE VERY HOT AFTER REHEATING.			
Product Label Applied	YES	Units per Carton	6				
Inner Barcode	9352380000844						
Carton Barcode	19352380000841						
Allergens	Contains Milk, Soy, Gluten, Fish, Sulphites, Shellfish, Wheat. May Contain Sesame.			Nutrifresh Authorisation			
Shelf Life	Frozen Product - Best Before 365 days from date of manufacture.			Jessica Pope Nutritionist & Product Development Officer BSc of Health Science MSc of Dietetics			
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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