




Nutritional Summary: Trepuree

		SERVING SIZE	CALORIES	FAT (g)	SATURATED (g)	TRANS (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATE (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (RE)	VITAMIN C (mg)	CALCIUM (mg)	IRON (mg)	INGREDIENTS
12215	Barbeque Pork	250 g	340	19	7	0.2	35 mg	590	27	6	5	16	0 RE	60 mg	66 mg	1.4 mg	CORN, WATER, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), PORK, RED LENTILS, LARD, BUTTER, CANOLA OR SOYBEAN OIL, SOY PROTEIN ISOLATE, SKIM MILK POWDER, SALT, FLAVOUR, CIDER VINEGAR, XANTHAN AND LOCUST BEAN GUM, SOY LECITHIN, SEASONING (YEAST EXTRACT, HYDROLYZED PROTEIN [SOY, CORN, WHEAT], GARLIC POWDER, ONION POWDER, DISODIUM GUANYLATE, DISODIUM INOSINATE), ASCORBIC ACID, BEAN SPROUTS, ARTIFICIAL FLAVOUR, SPICES
12216	Beef Bourguignon	250 g	310	17	4.5	0.4	25 mg	600	23	6	4	15	250 RE	60 mg	66 mg	2.1 mg	REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), WATER, BEEF, CARROTS, TURNIPS, KIDNEY BEANS, CANOLA OR SOYBEAN OIL, BUTTER, SOY PROTEIN ISOLATE, SKIM MILK POWDER, FLAVOUR, SALT, BROWN SUGAR, VINEGAR, SOY LECITHIN, XANTHAN AND LOCUST BEAN GUM, CARROT JUICE CONCENTRATE, DEXTROSE, CARAMEL, ASCORBIC ACID, BEAN SPROUTS, ARTIFICIAL FLAVOUR, SPICES, BETA CAROTENE, DISODIUM GUANYLATE, DISODIUM INOSINATE
11517	Beef Old Fashioned	250 g	330	22	6	0.3	30 mg	590	20	4	2	14	20 RE	60 mg	88 mg	2.1 mg	GREEN BEANS, WATER, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), BEEF, KIDNEY BEANS, CANOLA OR SOYBEAN OIL, TOMATO PASTE, BUTTER, SOY PROTEIN ISOLATE, SKIM MILK POWDER, FLAVOUR, SALT, XANTHAN AND LOCUST BEAN GUM, SOY LECITHIN, CARAMEL, ASCORBIC ACID, BEAN SPROUTS, ARTIFICIAL FLAVOUR, SPICE, DISODIUM GUANYLATE, DISODIUM INOSINATE
11515	Beef Stroganoff	250 g	270	15	4	0.4	25 mg	560	18	5	1	15	20 RE	15 mg	66 mg	2.1 mg	BROCCOLI, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), BEEF, WATER, KIDNEY BEANS, YOGURT, CANOLA OR SOYBEAN OIL, SOY PROTEIN ISOLATE, SALT, FLAVOUR, SKIM MILK POWDER, VINEGAR, SOY LECITHIN, XANTHAN AND LOCUST BEAN GUM, CARAMEL, LEMON JUICE CONCENTRATE, SPICES, BEAN SPROUTS, ARTIFICIAL FLAVOUR, ASCORBIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE
18190	Chicken Italiano	250 g	310	14	4	0.1	45 mg	580	29	3	4	16	20 RE	1.2 mg	44 mg	2.1 mg	PASTA, WATER, CHICKEN, TOMATO PASTE, CHICK PEAS, CHICKEN FAT, WHEAT FLOUR, SOY PROTEIN ISOLATE, CANOLA OR SOYBEAN OIL, DEXTROSE, FLAVOUR, MODIFIED CORN STARCH, SALT, BUTTER, WHITE WINE VINEGAR, MODIFIED MILK INGREDIENTS, XANTHAN AND LOCUST BEAN GUM, SOY LECITHIN, DEHYDRATED GARLIC, YEAST EXTRACT, ONION POWDER, BEAN SPROUTS, SPICES, DISODIUM GUANYLATE, DISODIUM INOSINATE
11508	Fish Newburg	250 g	200	7	3	0.0	30 mg	600	21	5	4	14	300 RE	54 mg	66 mg	1.4 mg	CARROTS, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), WATER, POLLOCK, SALMON, CANOLA OR SOYBEAN OIL, CHICK PEAS, SOY PROTEIN ISOLATE, CREAM, BUTTER, SKIM MILK POWDER, DEXTROSE, SALT, CARROT JUICE CONCENTRATE, XANTHAN AND LOCUST BEAN GUM, ARTIFICIAL FLAVOUR (COD), SOY LECITHIN, LEMON JUICE CONCENTRATE, ASCORBIC ACID, BEAN SPROUTS, YEAST EXTRACT, SPICES, DEHYDRATED GARLIC, BETA CAROTENE, DISODIUM GUANYLATE, DISODIUM INOSINATE, CARAMEL

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12618	Ham	250 g	310	18	3.5	0.1	30 mg	690	23	4	6	15	20 RE	48 mg	88 mg	1.4 mg	YELLOW WAX BEANS, WATER, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), HAM (PORK, WATER, SALT, SUGAR, SODIUM PHOSPHATE, SODIUM ASCORBATE, SODIUM NITRITE), PORK, CANOLA OR SOYBEAN OIL, CHICK PEAS, SOY PROTEIN ISOLATE, BUTTER, SKIM MILK POWDER, SUGAR, BROWN SUGAR, BUTTERMILK POWDER, SALT, XANTHAN AND LOCUST BEAN GUM, DIJON MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICE), SOY LECITHIN, FLAVOUR, ASCORBIC ACID, BEAN SPROUTS, ARTIFICIAL FLAVOUR, SPICE, DISODIUM GUANYLATE, DISODIUM INOSINATE
11514	Lemoned Chicken	250 g	280	15	4	0.1	30 mg	580	21	6	3	14	500 RE	36 mg	66 mg	1.4 mg	CARROTS, WATER, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), CHICKEN, CHICK PEAS, CHICKEN FAT, CANOLA OR SOYBEAN OIL, SOY PROTEIN ISOLATE, BUTTER, SKIM MILK POWDER, FLAVOUR, SALT, LEMON JUICE CONCENTRATE, CARROT JUICE CONCENTRATE, DEXTROSE, XANTHAN AND LOCUST BEAN GUM, SOY LECITHIN, ASCORBIC ACID, YEAST EXTRACT, BEAN SPROUTS, ARTIFICIAL FLAVOUR, SPICES, PARSLEY FLAKES, DISODIUM GUANYLATE, DISODIUM INOSINATE, CARAMEL
15915	Macaroni	250 g	310	14	6	0.5	25 mg	600	32	4	8	14	100 RE	1.2 mg	275 mg	0.84 mg	WATER, PASTA, CHEDDAR AND PARMESAN CHEESE (MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, ENZYMES), TOMATO PASTE, WHEAT FLOUR, SKIM MILK POWDER, SOYBEAN AND/OR CANOLA OIL MARGARINE, MODIFIED CORN STARCH, CANOLA OR SOYBEAN OIL, DEXTROSE, MODIFIED MILK INGREDIENTS, BUTTER, SUGAR, SALT, XANTHAN AND LOCUST BEAN GUM, DISODIUM PHOSPHATE, SOY LECITHIN, DEHYDRATED GARLIC, SOY PROTEIN ISOLATE, ONION POWDER, SPICES, BETA CAROTENE, DISODIUM GUANYLATE, DISODIUM INOSINATE
21037	Pasta with Meat Sauce	Per 1 Tray (250) g	330	16	4.5	.5	35 mg	580	31	4	6	16	20 RE	2.4 mg	22 mg	2.1 mg	INGREDIENTS: PASTA, WATER, BEEF, TOMATO PASTE, KIDNEY BEANS, CANOLA OR SOYBEAN OIL, WHEAT FLOUR, SOY PROTEIN ISOLATE, DEXTROSE, MODIFIED CORN STARCH, FLAVOUR, SALT, BUTTER, MODIFIED MILK INGREDIENTS, SOY LECITHIN, VINEGAR, XANTHAN AND LOCUST BEAN GUM, CARAMEL, DEHYDRATED GARLIC, ONION POWDER, SPICES, BEAN SPROUTS, DISODIUM GUANYLATE, DISODIUM INOSINATE.
11516	Roast Beef	250 g	350	24	6	0.5	30 mg	590	20	6	5	14	300 RE	60 mg	88 mg	2.1 mg	CARROTS, WATER, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), BEEF, KIDNEY BEANS, CANOLA OR SOYBEAN OIL, BUTTER, SOY PROTEIN ISOLATE, SKIM MILK POWDER, FLAVOUR, SALT, CARROT JUICE CONCENTRATE, DEXTROSE, VINEGAR, SOY LECITHIN, XANTHAN AND LOCUST BEAN GUM, CARAMEL, ASCORBIC ACID, BEAN SPROUTS, SPICES, ARTIFICIAL FLAVOUR, PARSLEY FLAKES, DISODIUM GUANYLATE, DISODIUM INOSINATE
11513	Roast Chicken	250 g	300	15	4	0.0	30 mg	590	24	7	4	16	40 RE	54 mg	66 mg	2.1 mg	PEAS, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), WATER, CHICKEN, CHICK PEAS, CHICKEN FAT, CANOLA OR SOYBEAN OIL, BUTTER, SOY PROTEIN ISOLATE, SKIM MILK POWDER, ARTIFICIAL FLAVOUR, SALT, WHITE WINE VINEGAR, XANTHAN AND LOCUST BEAN GUM, SOY LECITHIN, YEAST EXTRACT, ASCORBIC ACID, BEAN SPROUTS, SPICE, BETA CAROTENE, DISODIUM GUANYLATE, DISODIUM INOSINATE

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11506	Roast Pork	250 g	300	20	7	0.0	30 mg	500	17	5	5	14	300 RE	60 mg	66 mg	1.4 mg	CARROTS, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), WATER, PORK, RED LENTILS, LARD, CANOLA OR SOYBEAN OIL, BUTTER, SOY PROTEIN ISOLATE, SKIM MILK POWDER, SEASONING (SALT, YEAST EXTRACT, HYDROLYZED PROTEINS [CORN, SOY, WHEAT], GARLIC POWDER, ONION POWDER, SPICES, DISODIUM GUANYLATE, DISODIUM INOSINATE), ORANGE AND CARROT JUICE CONCENTRATE, CIDER VINEGAR, DEXTROSE, SOY LECITHIN, ANTHAN AND LOCUST BEAN GUM, ARTIFICIAL FLAVOUR, WHEAT BRAN, ASCORBIC ACID, BEAN SPROUTS, SPICES, PARSLEY FLAKES, CARAMEL
11504	Roast Turkey	250 g	260	12	4	0.0	35 mg	500	23	5	5	14	20 RE	60 mg	66 mg	1.4 mg	BUTTERNUT AND HUBBARD SQUASH, REHYDRATED POTATOES (MONO AND DIGLYCERIDES, SODIUM PHOSPHATE, CITRIC ACID), WATER, TURKEY, RED LENTILS, CHICKEN FAT, SOY PROTEIN ISOLATE, BUTTER, SKIM MILK POWDER, DEXTROSE, SEASONING (SALT, HYDROLYZED PROTEINS [CORN, SOY, WHEAT], GARLIC POWDER, ONION POWDER, YEAST EXTRACT, DISODIUM INOSINATE, DISODIUM GUANYLATE), XANTHAN AND LOCUST BEAN GUM, CIDER VINEGAR, SOY LECITHIN, WHEAT BRAN, ASCORBIC ACID, BEAN SPROUTS, ARTIFICIAL FLAVOUR, SPICES, PARSLEY FLAKES.
16797	Salmon	250 g	300	12	2	0.0	30 mg	540	28	9	3	19	20 RE	0 mg	88 mg	2.8 mg	PASTA (WHEAT FLOUR), PEAS, WATER, SALMON, POLLOCK, CHICK PEAS, CANOLA OR SOYBEAN OIL, SOY PROTEIN ISOLATE, CREAM, TOMATO PASTE, SALT, BUTTER, SUGAR, MODIFIED MILK INGREDIENTS, XANTHAN AND LOCUST BEAN GUM, BEAN SPROUTS, FLAVOUR, SOY LECITHIN, SPICES, LEMON JUICE CONCENTRATE, DISODIUM GUANYLATE, DISODIUM INOSINATE
11505	Turkey a la King	250 g	340	17	4.5	0.2	40 mg	530	29	5	5	18	150 RE	4.8 mg	44 mg	3.5 mg	PASTA (WHEAT FLOUR), PEAS, WATER, TURKEY, CHICKEN FAT, CANOLA OR SOYBEAN OIL, RED LENTILS, SOY PROTEIN ISOLATE, SEASONING (SALT, HYDROLYZED PROTEINS [CORN, SOY, WHEAT], GARLIC POWDER, ONION POWDER, YEAST EXTRACT, DISODIUM INOSINATE, DISODIUM GUANYLATE), BUTTER, MODIFIED MILK INGREDIENTS, CIDER VINEGAR, SOY LECITHIN, XANTHAN AND LOCUST BEAN GUM, BEAN SPROUTS, FLAVOUR, SPICE, PARSLEY FLAKES
16796	Vegan Bean Medley with Vegetables and Rice	250 g	230	3	1	0.0	0 mg	530	35	6	7	15	80 RE	4.8 mg	44 mg	2.8 mg	INGREDIENTS: WATER, RICE, KIDNEY BEANS, TOMATO PASTE, PEA BEANS, CARROTS, CELERY, ONIONS, TEXTURED SOY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, SUGAR, CANOLA OR SOYBEAN OIL, WHEAT FLOUR, GARLIC (IN CITRIC ACID), SALT, SPICES(CONTAINS CHILI PEPPER), YEAST EXTRACT, BEAN SPROUTS, MODIFIED CORN STARCH, XANTHAN GUM, WHEAT BRAN, DEHYDRATED GARLIC, ONION POWDER, CARAMEL, SPICE EXTRACT, SOY LECITHIN.