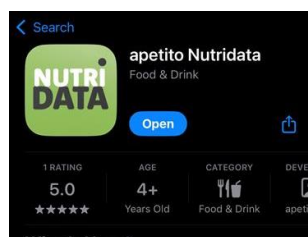


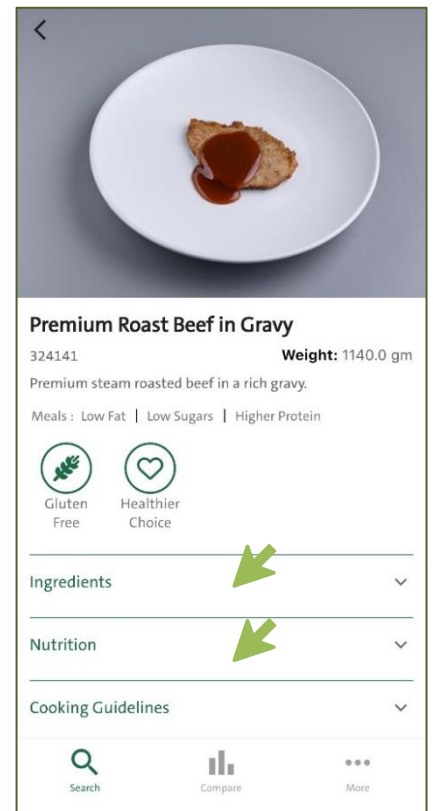
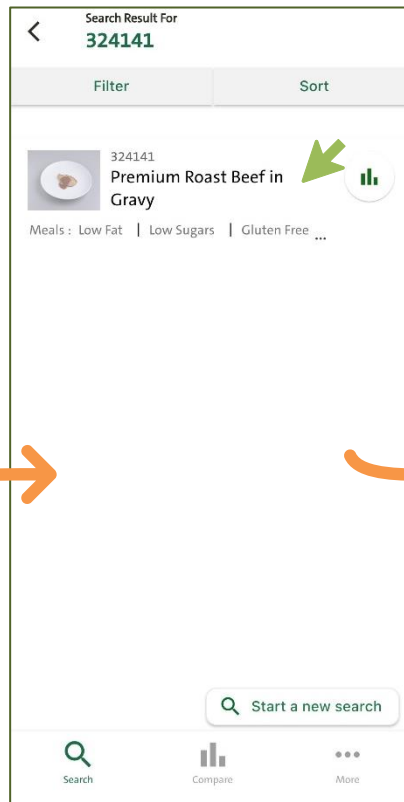
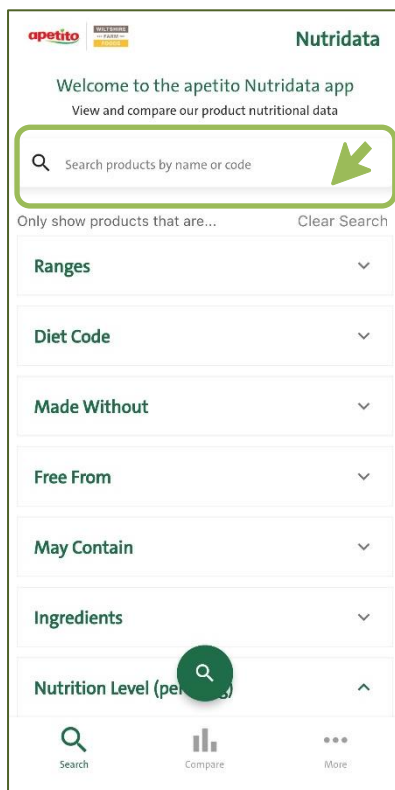
Nutri Data

This user guide is for the apetito's product information app, Nutri Data. Nutri Data contains all allergy and nutrition information for each of our products.

To start, please download the Nutri Data app from Google Play or the App Store.



Once downloaded, you can search for specific product information by using the name of the dish or the product code which begins with 324 or 328.



To view the nutritional information and ingredients (including allergens), please use the drop downs underneath the product description. The 14 FSA recognised allergens will be highlighted in bold within the ingredient declaration if they are present.

Nutrition		
	PER 1000	PER PORTION
Energy (kJ)	336	476
Energy (kcal)	80	113
Fat (g)	2.2	3.1
of which saturates (g)	0.7	1.0
of which monounsaturates (g)	1.3	1.8
of which polyunsaturates (g)	0.2	0.3
Carbohydrate (g)	3.7	5.3
of which sugars (g)	0.6	0.8
Fibre (g)	<0.5	<0.5
Protein (g)	11	16
Salt (g)	0.98	1.4
Vitamin A (µg)	0.893	1
Vitamin D (µg)	0.0	0
Vitamin C (mg)	0.53	0.75
Thiamin (mg)	0.035	0.05
Riboflavin (mg)	0.14	0.2
Niacin (mg)	7.6	3.7
Vitamin B6 (mg)	0.13	0.19
Folic acid (µg)	7.2	10.286
Vitamin B12 (µg)	0.77	1.1
Potassium (mg)	160	227
Chloride (mg)	298	422.923

Premium Roast Beef in Gravy
324141 **Weight: 1140.0 gm**

Premium steam roasted beef in a rich gravy.

Meals : Low Fat | Low Sugars | Higher Protein

Ingredients

water, steam roast beef (37%), onion, modified starch, salt, starch, rapeseed oil, tomato puree, yeast extract, caramelised sugar, acidity regulator (trisodium citrate), cornflour, flavouring, natural flavourings, burnt sugar powder, sugar, pepper, onion powder, beef extract, onion oil.

Nutrition

Cooking Guidelines

Storage Instructions

Please see below an example where the allergens will be highlighted within the ingredients.

Potato, Cheese & Leek Bake

324713 **Weight: 1350.0 gm**

Diced cuts of herb infused potatoes, delicious leeks and gooey vegetarian cheese combined in a hearty bake.

Meals : Low Sugars | Higher Protein

Ingredients

potato (40%), water, vegetarian cheese (**milk**) (20%), leek (6%), onion, vegetable oils (rapeseed, palm), skimmed **milk** powder, chives, modified starch, starch, parsley, salt, cornflour, dried onion, yeast extract, sugar, dried carrot, pepper, dried leek, dried tomato, ground turmeric, dextrose, dried thyme, ground bay leaf.