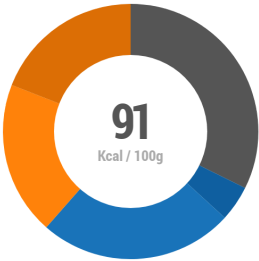


Turkey & Ham Roast Dinner March 2025

By Sinead Bradbury



CALORIES:

29.2% Carbs

32.3% Protein

38.5% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 208G SERVING	%RI
Energy(Kj)	392 kJ	5%	815 kJ	10%
Energy(kcal)	94 kcal	5%	194 kcal	10%
Fat	3.9 g	6%	8.1 g	12%
of which saturates	1.9 g	10%	4 g	20%
Carbohydrate	6.6 g	3%	14 g	5%
of which sugars	1 g	1%	2.1 g	2%
Fibre	1.4 g	6%	2.8 g	11%
Protein	7.3 g	15%	15 g	30%
Salt	0.78 g	13%	1.6 g	27%

CONTAINS:



NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 5% RI	91kcal	Saturated Fat 10% RI	1.9g	Vitamin A (ret eq) 7% RI	52ug
Energy(Kj) 5% RI	381kJ	Monounsaturated fat 3% RI	0.8992g	Retinol	1.7ug
		cis-Mono	-	Carotene	0.8654ug
MACRONUTRIENTS		Polyunsaturated fat 2% RI	0.3656g	Vitamin D 3% RI	0.1395ug
Carbohydrate 3% RI	6.6g	Omega3(n-3) 2% RI	0.0375g	Vitamin E 1% RI	0.0665mg
Protein 15% RI	7.3g	Omega6(n-6) 2% RI	0.2423g	Vitamin K ₁	-
Fat 6% RI	3.9g	cis-Poly	-	Thiamin (B ₁) 16% RI	0.1734mg
Water	79g	Trans-fatty acids	0.0044g	Riboflavin (B ₂) 5% RI	0.0729mg
Water from Drinks	0g	Cholesterol	19.9mg	Niacin total (B ₃) 22% RI	3.5mg
Alcohol (0% ABV)	0g	MINERALS & TRACE ELEMENTS		Niacin 14% RI	2.2mg
CARBOHYDRATE		Sodium 13% RI	311mg	Tryptophan	80mg
Starch	5.6g	Potassium 10% RI	203mg	Pantothenic Acid (B ₅) 8% RI	0.4927mg
Oligosaccharide	0.0481g	Chloride 58% RI	468mg	Vitamin B ₆ 18% RI	0.2486mg
Fibre 5% RI	1.4g	Calcium 2% RI	16.7mg	Folates (B ₉) Total 5% RI	10.4ug
NSP	1g	Phosphorus 12% RI	87mg	Vitamin B ₁₂ 1% RI	0.0306ug
Sugars 1% RI	1g	Magnesium 4% RI	13.6mg	Biotin (B ₇) 2% RI	0.7886ug
Glucose	0.0483g	Iron 3% RI	0.4083mg	Vitamin C 5% RI	3.8mg
Galactose	0g	Zinc 6% RI	0.6216mg		
Fructose	0.0483g	Copper 6% RI	0.0592mg	OTHER	
Sucrose	0.3367g	Manganese 3% RI	0.0625mg	GI (estimated)	69
		Selenium 6% RI	3.5ug		

Maltose
Lactose

0.0001g
0g

Iodine 3% RI

4.1ug

GL
Caffeine

4.7
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Turkey March '25..
TURKEY

U

25g

1 ¼ x Thick slice/Honey

unchanged

Premium Ham Halves Actual..
HAM

U

30g

½ x thin slice

unchanged

Mashed Potato Actual..
POTATOES 1% FAT MILK

U

90g

1 x Scoop

unchanged

Mixed Veg Actual..
VEGETABLES WATER

U

25g

0.15 x 1 cup

unchanged

Gravy Actual March '25..
GRAVY

U

8g

0.53 x 1 tablespoon

unchanged

Mashed Carrots & Parsnip..
CARROTS PARSNIP

U

30g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



208g / 194kcal
1.0

INGREDIENT LIST (QUID) ...

Potatoes 1% Fat **Milk** (43.3%) [Potato (89%), **Milk**, Butter (**Milk**), Salt, White Pepper], Ham (14.4%) [Pork 91%, Water, Salt, Dried Glucose Syrup, Sugar, Stabilizers (E450, E451, E452, E407), Antioxidant (E301), Preservative (E250)], Carrots Parsnip (14.4%) [Carrots (59%), Parsnip (39%), Butter (**Milk**), Salt], Turkey (12%) [Turkey, Water, Salt, Brine Mix; (Salt, Dextrose, **Milk** Protein, Gelling Agent, E407a, Stabilisers: E451, E452, Yeast Extract, Starch, Vinegar Made With 105g Raw Turkey Per 100g), Vegetables Water (12%), Gravy (3.8%) [GRAVY maltodextrin, Potato Starch, Sugar, Salt, Flavourings, Yeast Extract, Onion Powder, Tomato Puree Powder, Caramel Syrup, Palm Fat, Thickener(Guar Gum), BOUILLON Beef Lard, Paprika, Parsnip, Tomato, Colour(Caramel), Carrot, Rosemary, Bay Leaf, Pepper, Mushroom, Allspice, Coriander, Turmeric, Fennel, Fenugreek Seed, Cumin, Ginger, Cinnamon, Chilli]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

8g Gravy (0.53 x 1 tablespoon)

30g Carrots parsnip ()

90g Potatoes 1% fat milk (1 x Scoop)

25g Vegetables water (0.15 x 1 cup)

30g Ham (½ x thin slice)

25g Turkey (1 ¼ x Thick slice/Honey)