

## Unilever Pot Noodle Sweet & Sour - Information

Noodles in a Chinese sweet and sour flavour sauce with vegetables and a little sachet of sweet and sour sauce.

**TFS Product Code:** 030815  
**Suppliers Product Code:**  
**Information Last Updated:** 16/05/2022  
**Date Produced:** 06/05/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	143.00
Energy (kJ)	607.00
Protein (g)	2.60
Carb (g)	20.00
Of Which Sugars (g)	4.00
Fat (g)	5.60
Of Which Saturates (g)	2.70
Fibre (g)	1.20
Salt (g)	0.45

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Ingredients (as sold): Noodle mix (96%): Dried noodles (69%) [WHEAT flour (contains calcium carbonate, iron, niacin, thiamin), palm oil, salt, firming agents (potassium carbonate, sodium carbonates)], sugar, potato starch, maltodextrin, carrots,†, peas,†, apple powder, tomato powder,†, red pepper,†, onion powder,†, acids (citric acid, tartaric acid), flavour enhancers (monosodium glutamate, disodium inosinate, disodium guanylate), salt, acidity regulator (sodium diacetate), flavourings, palm fat, garlic powder,†, ginger, turmeric,†, soy sauce (SOYBEANS, WHEAT), stabiliser (calcium phosphates). Sauce sachet (4%): Sweet & sour sauce [water, sugar, BARLEY malt vinegar, tomato paste,†, modified corn starch, salt, onions,†, acid (citric acid), soy sauce (water, salt, sugar, BARLEY malt vinegar, BARLEY malt extract, SOYBEANS), lemon juice concentrate, ginger extract.] †From sustainable agriculture.

## Handling Information

### Directions for Use

Instructions for Use 1. Peel back lid halfway, remove sachet, pour boiling water to fill line, re-cover pot with lid & leave for 2 mins 2. Stir in sachet contents, leave for another 2 mins while you check out @POTNOODLE 3. Seize your opportunity! Strike while the pot's hot! Do not reheat!

### Storage Instructions

Store in a cool, dry place

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