



www.prominpku.com



@ProminMetabolic



promin.metabolics



@promin_metabolics



LOW PROTEIN MEAL SOLUTIONS



Firstplay
Dietary Foods

General Enquiries:
+44 (0)161 480 4602
info@prominpku.com

PROMIN

LOW PROTEIN MEAL SOLUTIONS

Firstplay Dietary Foods Ltd is a family run company formed in 1993 by Stephen and Linda Fletcher to produce Promin Low Protein products from a small factory in Stockport, where only low protein products are produced.

Stephen has been in PKU food manufacture for over 30 years and continues to develop low protein meal solutions available under our Promin brand.

Promin pasta was launched 25 years ago with the Promin range developing in response to demands from parents, patients and dietitians. We hope that there is much more to come and continue to rely upon the PKU community for our inspiration.



OUR MISSION:

Firstplay Dietary Foods mission is to provide continually developing ranges of quality food products that support people following restricted diets and to underpin this with exceptional customer service.

We aim for the Promin brand to deliver innovation, convenience and taste.

Low Protein Pasta

Promin Low Protein Pasta is available in a wide range of shapes and sizes and is considered to be a “ free food”. It is available in the following shapes in 500g packs: Spirals, Shells, Spaghetti, Macaroni, Alphabets, Elbows and Flat Noodles.

Ingredients - maize starch, pregelatinised maize starch, pregelatinised potato starch (modified), emulsifier e471, stabiliser e461, anti-oxidant e300, colour e160a.

Other Information

Shelf life of product 18 months from manufacture.

Preparation

To 1 litre of boiling water add 75g of pasta, simmer for approximately 8 minutes or to taste. Drain and rinse.



TYPICAL NUTRITIONAL INFORMATION		
PASTA PER 100g		
ENERGY	353 kcal / 1500	kJ
FAT	0.8	g
of which Saturates	0.64	g
CARBOHYDRATE	86.2	g
of which Sugars	< 0.1	g
PROTEIN	0.153	g
of which Phenylalanine	9	mg
of which Methionine	4	mg
of which Leucine	19	mg
SALT	0.15	g
SODIUM	0.06	g

Speciality Pasta

Speciality Pasta is a unique product manufactured to add variety and colour to a low protein diet. It is available in the following shapes in 500g packs: Imitation Rice, Cous Cous, Pastameal and Lasagne Sheets (200g pack).

Ingredients - maize starch, potato starch, emulsifier e471, stabiliser e461, colours e160a, e140, e160c, anti-oxidant e300.

Other Information

Shelf life of product 18 months from manufacture.

Preparation

To 1 litre of boiling water add 75g of pasta, simmer for approximately 8 minutes or to taste. Drain and rinse.



TYPICAL NUTRITIONAL INFORMATION		
SPECIALITY PASTA PER 100g		
ENERGY	353 kcal / 1500	kJ
FAT	0.8	g
of which Saturates	0.64	g
CARBOHYDRATE	86.2	g
of which Sugars	< 0.1	g
PROTEIN	0.153	g
of which Phenylalanine	9	mg
of which Methionine	4	mg
of which Leucine	19	mg
SALT	0.15	g
SODIUM	0.06	g

Low Protein Tri-Colour Pasta

Promin Tri-Colour Pasta adds colour to a low protein diet. It is available in the following shapes in 500g packs: Spirals, Shells, Alphabets and Elbows.

Ingredients - maize starch, potato starch, emulsifier e471, stabiliser e461, colours e160a, e140, e160c, anti-oxidant e300.

Other Information

Shelf life of product 18 months from manufacture.

Preparation

To 1 litre of boiling water add 75g of pasta, simmer for approximately 8 minutes or to taste. Drain and rinse.



TYPICAL NUTRITIONAL INFORMATION		
TRI-COLOURED PASTA PER 100g		
ENERGY	351 kcal / 1490	kJ
FAT	0.8	g
of which Saturates	0.65	g
CARBOHYDRATE	86.4	g
of which Sugars	< 0.1	g
PROTEIN	0.145	g
of which Phenylalanine	8.5	mg
of which Methionine	3	mg
of which Leucine	18	mg
SALT	0.171	g
SODIUM	0.07	g

Low Protein Burger Mix

Maybe our best product range so far and many people seem to think so. It is great on low protein buns and on barbecues. Shape into nuggets, kebabs or balls, mix it into mince or stamp out shapes from doughnuts to dinosaurs. Please look out for our recipe cards for more tips. It is available in two varieties: Burger Mix Original and Burger Mix Lamb and Mint.

Burger Mix Original

Ingredients - Maize starch, hydrogenated vegetable oil, modified maize starch, modified potato starch, dried mushroom, dried onion, **savory flavour(milk)**, stabiliser e461, emulsifier e471, garlic powder, colour (caramelised sugar), **beef flavour(sulphur dioxide)**, mixed herbs, salt, pepper, anti oxidant e300, colour e160a.

Burger Mix Lamb and Mint

Ingredients - Maize starch, hydrogenated vegetable oil, modified maize starch, modified potato starch, dried mushroom, dried onion, **savory flavour(milk)**, stabiliser e461, emulsifier e471, garlic powder, colour (caramelised sugar), lamb flavour, dried mint, salt, pepper, anti oxidant e300, colour e160a.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately.
4 x 62g sachets per pack.

Preparation

Empty the contents of the sachet into a bowl.
Add 100mls of cold water and mix together.
Leave for 1 minute. Form into two burgers and shallow fry for 2 - 3 minutes on each side until heated through.



TYPICAL NUTRITIONAL INFORMATION		
ORIGINAL BURGER MIX PER 100g		
	Prepared Sachet Energy	
ENERGY	155kcal/652kj	251kcal/1056kj
FAT	4.88g	7.9g
of which Saturates	3.23g	5.23g
CARBOHYDRATE	27.41g	44.4g
of which Sugars	1.95g	3.16g
PROTEIN	0.78g	1.27g
of which Phenylalanine	31mg	50mg
of which Methionine	8mg	12mg
of which Leucine	42mg	68mg
SALT	0.77g	1.24g
SODIUM	0.3g	0.49g

TYPICAL NUTRITIONAL INFORMATION		
LAMB AND MINT BURGER MIX PER 100g		
	Prepared Sachet Energy	
ENERGY	155kcal/652kj	251kcal/1056kj
FAT	4.88g	7.9g
of which Saturates	3.23g	5.23g
CARBOHYDRATE	27.41g	44.4g
of which Sugars	1.95g	3.16g
PROTEIN	0.75g	1.22g
of which Phenylalanine	29mg	47mg
of which Methionine	8mg	13mg
of which Leucine	40mg	65mg
SALT	0.77g	1.24g
SODIUM	0.3g	0.49g

Low Protein Pasta in Sauce

This was our first range of products with a convenience element and is a great favourite. It is available in three varieties: Pasta Elbows in a Cheese and Broccoli Sauce, Pasta Shells in a Tomato, Pepper and Herb Sauce and Pasta Spirals in a Moroccan Sauce.

Elbows in a Cheese and Broccoli Sauce

Ingredients - Maize and potato starch shapes (maize starch, modified maize starch, modified potato starch, emulsifier e471, stabiliser e461, anti-oxidant e300, colour e160a), maize starch, maltodextrin, monosodium glutamate, **creamer (milk)**, salt, **savoury flavour (milk)**, **cheese flavour (milk)**, colour (titanium dioxide), onion powder, dried broccoli, sodium triphosphate, **mustard powder**, colour (turmeric extract), parsley, pepper.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture. Use immediately: 4 x 66g sachets per pack.

Preparation

Empty the contents of the packet into a non-stick saucepan. Add 225 mls of water and bring to the boil stirring continuously. Simmer for 12 to 15 minutes according to taste.

TYPICAL NUTRITIONAL INFORMATION		
CHEESE & BROCCOLI SAUCE PER 100g		
	Prepared Sachet Energy	
ENERGY	106kcal/448kj	222kcal/941kj
FAT	0.13g	0.26g
of which Saturates	0.1g	0.17g
CARBOHYDRATE	25.8g	54.1g
of which Sugars	0.3g	0.6g
PROTEIN	0.9g	1.8g
of which Phenylalanine	6mg	13mg
of which Methionine	3mg	5mg
of which Leucine	10mg	21mg
SALT	0.6g	1.3g
SODIUM	0.24g	0.5g

TYPICAL NUTRITIONAL INFORMATION		
TOMATO, PEPPER & HERB SAUCE PER 100g		
	Prepared Sachet Energy	
ENERGY	99kcal/420kj	243kcal/1030kj
FAT	0.1g	0.22g
of which Saturates	0.05g	0.12g
CARBOHYDRATE	24.2g	59.5g
of which Sugars	3.4g	8.4g
PROTEIN	0.68g	1.68g
of which Phenylalanine	13mg	31mg
of which Methionine	4mg	10mg
of which Leucine	17mg	42mg
SALT	1g	2.4g
SODIUM	0.4g	1g

TYPICAL NUTRITIONAL INFORMATION		
MOROCCAN SAUCE PER 100g		
	Prepared Sachet Energy	
ENERGY	129kcal/548kj	323kcal/1370kj
FAT	0.9g	2.25g
of which Saturates	0.49g	1.22g
CARBOHYDRATE	31.3g	78.3g
of which Sugars	4.9g	12.25g
PROTEIN	1.27g	0.91mg
of which Phenylalanine	14mg	36mg
of which Methionine	6mg	14mg
of which Leucine	23mg	58mg
SALT	1g	2.48g
SODIUM	0.39g	0.99g

Shells in a Tomato, Pepper and Herb Sauce

Ingredients - Maize and potato starch shapes (maize starch, modified maize starch, modified potato starch, emulsifier e471, stabiliser e461, anti-oxidant e300, colour e160a), sugar, maize starch, tomato powder, tomato flavour, salt, red pepper powder, flavour enhancer, **savoury flavour (milk)**, onion powder, yeast extract, dried mixed herbs, stabiliser (sodium triphosphate), colour (paprika extract), citric acid, dried green pepper, dried parsley, garlic powder, pepper encapsulate.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture. Use immediately. 4 X 72g sachets per pack.

Preparation

Empty the contents of the packet into a non-stick saucepan. Add 275 mls of water and bring to the boil stirring continuously. Simmer for 12 to 15 minutes according to taste.

Spirals in a Moroccan Sauce

Ingredients - Maize and potato starch shapes (maize starch, modified maize starch, potato starch, emulsifier e471, stabiliser e461, anti-oxidant e300, colour e160a), sugar, **dried apple flake (sulphur dioxide)**, sultana, tomato powder, dried tomato, salt, onion powder, hydrogenated palm oil, maltodextrin, lamb flavour, garlic powder, mint, cumin, coriander, cinnamon, modified maize starch.

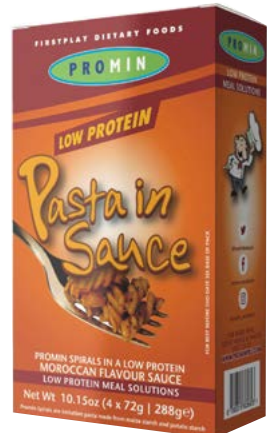
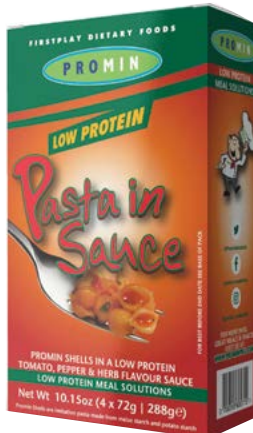
Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture. Use immediately. 4 X 72g sachets per pack.

Preparation

Empty the contents of the packet into a non-stick saucepan. Add 220 mls of water and bring to the boil stirring continuously. Simmer for 8 - 10 minutes according to taste. Sauce will thicken on standing.



Low Protein XPots

Promin Low Protein XPots are developed to tame the hunger of those on low protein diet. Easy to use just by adding boiling water and the meal is ready in no time. They are available in 4 different varieties: XPot Chip Shop Curry, XPot Beef and Tomato, XPot All Day Scramble and XPot Rogan Style Curry.

XPot Chip Shop Curry

Ingredients - Maize and potato starch shapes (Maize starch, pre gelatinised maize starch, modified potato starch, emulsifier e471, vegetable oil, colour e160a), maltodextrin, maize starch, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, sugar, salt, tomato flavour, pre gelatinised maize starch, monosodium glutamate, sultana, **curry powder (mustard)**, dried mango, **savoury flavour (milk)**, chicken flavour, colour (carotene), citric acid, pepper.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. Pack size 4 x 60g tubs.

Preparation

Snap off lid, add boiled water to fill line (133mls), stir; replace lid, leave for 5 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
CHIP SHOP CURRY PER POT	
ENERGY	265kcal/1116kj
FAT	9.2g
of which Saturates	1.96g
CARBOHYDRATE	44.6g
of which Sugars	3.91g
PROTEIN	0.68g
of which Phenylalanine	10.8mg
of which Methionine	3.4mg
of which Leucine	17.04mg
SALT	2.98g
SODIUM	1.19g

XPot Beef and Tomato

Ingredients - Maize and potato starch shapes (Maize starch, pre gelatinised maize starch, modified potato starch, emulsifier e471, vegetable oil, colour e160a), maltodextrin, maize starch, tomato powder, sugar, dried vegetables 7% (onion, peas), salt, tomato flavour; pre gelatinised maize starch, monosodium glutamate, **savoury flavour (milk)**, onion powder, **beef flavour (sulphur dioxide)**, colour (paprika), citric acid, colour (caramel), garlic.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. Pack size 4 x 60g tubs.

Preparation

Snap off lid, add boiled water to fill line (133mls), stir; replace lid, leave for 5 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
BEEF & TOMATO PER POT	
ENERGY	260kcal/1092kj
FAT	8.9g
of which Saturates	1.38g
CARBOHYDRATE	43g
of which Sugars	3.67g
PROTEIN	0.439g
of which Phenylalanine	18.6mg
of which Methionine	3mg
of which Leucine	9mg
SALT	4.27g
SODIUM	1.71g

XPot All Day Scramble

Ingredients - Maize and potato starch shapes (Maize starch, pre gelatinised maize starch, modified potato starch, emulsifier e471, vegetable oil, colour e160a), maltodextrin, maize starch, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, sugar, salt, tomato flavour, pre gelatinised maize starch, monosodium glutamate, dried tomato, **savoury flavour (milk)**, dried mushroom, bacon flavour, sausage flavour, colour (carotene), citric acid, pepper.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. Pack size 4 x 60g tubs.

Preparation

Snap off lid, add boiled water to fill line (133mls), stir, replace lid, leave for 5 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
ALL DAY SCRAMBLE PER POT	
ENERGY	266kcal/1122kj
FAT	9.7g
of which Saturates	2.11g
CARBOHYDRATE	43.9g
of which Sugars	2.99g
PROTEIN	0.624g
of which Phenylalanine	10.74 mg
of which Methionine	3.77mg
of which Leucine	18.24 mg
SALT	3.58g
SODIUM	1.43g

XPot Rogan Style Curry

Ingredients - Maize and potato starch shapes (Maize starch, pre gelatinised maize starch, modified potato starch, emulsifier e471, vegetable oil, colour e160a), maltodextrin, maize starch, sugar, tomato powder, dried vegetables 7% (onion, peppers), salt, pre gelatinised maize starch, tomato flavour, **curry powder (sodium dioxide)**, monosodium glutamate, red bell pepper powder, onion powder, **garam masala (mustard)**, garlic powder, **savoury flavour (milk)**, lamb flavour, colour (caramel), citric acid, colour (paprika).

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. Pack size 4 x 60g tubs.

Preparation

Snap off lid, add boiled water to fill line (133mls), stir, replace lid, leave for 5 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
ROGAN CURRY PER POT	
ENERGY	258kcal/1086kj
FAT	8.6g
of which Saturates	1.31g
CARBOHYDRATE	43.4g
of which Sugars	3.21g
PROTEIN	0.85g
of which Phenylalanine	19.2 mg
of which Methionine	6mg
of which Leucine	25.5mg
SALT	3.4g
SODIUM	1.36g

Low Protein Potato Pots

Promin Low Protein Potato Pots are an easy meal solution ready in minutes. They are available in three varieties: Potato Pot Cabbage, Bacon and Croutons, Potato Pot Onion and Croutons and Potato Pot Sausage and Croutons.

Potato Pot Cabbage, Bacon and Croutons

Ingredients - potato flake, maize starch, maltodextrin, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, pregelatinized maize starch, pregelatinized modified potato starch, dried cabbage, **wheat starch**, salt, bacon flavour, emulsifier (e471), colour (caramel), pepper.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.

Once opened use immediately. Pack size 4 x 50g tubs.

Preparation

Snap off lid, add boiled water to fill line (120mls), stir, replace lid, leave for 2 minutes and stir.

TYPICAL NUTRITIONAL INFORMATION	
CABBAGE, BACON & CROUTONS PER POT	
ENERGY	189kcal/795kj
FAT	2.75g
of which Saturates	1.62g
CARBOHYDRATE	38.9g
of which Sugars	2.7g
PROTEIN	0.89g
of which Phenylalanine	44.7mg
of which Methionine	16.4mg
of which Leucine	67.5mg
SALT	3.18g
SODIUM	1.27g



Potato Pot Onion and Croutons

Ingredients - potato flake, maize starch, maltodextrin, **creamer** (dried glucose syrup, hydrogenated vegetable oil, milk proteins), pregelatinized maize starch, pregelatinized modified potato starch, onion, **wheat starch**, salt, emulsifier (e471), chives, colour (caramel), pepper.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture. Once opened use immediately. Pack size 4 x 50g tubs.

Preparation

Snap off lid, add boiled water to fill line (120mls), stir, replace lid, leave for 2 minutes and stir.

A photograph of a yellow spiral-bound notebook with a nutritional information table written on it. The table is titled 'TYPICAL NUTRITIONAL INFORMATION' and 'ONION & CROUTONS PER POT'. It lists various nutrients and their amounts in grams and kilocalories/kilojoules.

TYPICAL NUTRITIONAL INFORMATION	
ONION & CROUTONS PER POT	
ENERGY	195kcal/825kj
FAT	3.6g
of which Saturates	3.75g
CARBOHYDRATE	38.9g
of which Sugars	1.5g
PROTEIN	0.9g
of which Phenylalanine	45.5mg
of which Methionine	16.5mg
of which Leucine	68mg
SALT	3.22g
SODIUM	1.29g

Potato Pot Sausage and Croutons

Ingredients - potato flake, maize starch, maltodextrin, **creamer** (dried glucose syrup, hydrogenated vegetable oil, milk proteins), pregelatinized maize starch, pregelatinized modified potato starch, **wheat starch**, onion powder, salt, sausage flavour, emulsifier (e471), chives, colour (caramel), pepper.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture. Once opened use immediately. Pack size 4 x 50g tubs.

Preparation

Snap off lid, add boiled water to fill line (120mls), stir, replace lid, leave for 2 minutes and stir.

A photograph of a yellow spiral-bound notebook with a nutritional information table written on it. The table is titled 'TYPICAL NUTRITIONAL INFORMATION' and 'SAUSAGE & CROUTONS PER POT'. It lists various nutrients and their amounts in grams and kilocalories/kilojoules.

TYPICAL NUTRITIONAL INFORMATION	
SAUSAGE & CROUTONS PER POT	
ENERGY	189kcal/800kj
FAT	2.85g
of which Saturates	3.09g
CARBOHYDRATE	38.55g
of which Sugars	1.9g
PROTEIN	0.755g
of which Phenylalanine	39.3mg
of which Methionine	13.94mg
of which Leucine	56.5mg
SALT	3.0g
SODIUM	1.20g

Low Protein Mac Pots

Promin Low Protein Mac Pots give an extra variety to the instant meal solutions. They are available in two varieties: Mac Pot Macaroni Cheese and Mac Pot Tomato Macaroni.

Mac Pot Macaroni Cheese

Ingredients - maize and potato starch shapes (maize starch, pregelatinized maize starch, pregelatinized modified potato starch, vegetable oil, emulsifier (e471), colour (e160a), maize starch, maltodextrin, pregelatinized maize starch, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, onion powder, **cheese powder (milk)**, monosodium glutamate, **savoury flavour (milk)**, salt, **mustard powder**, titanium dioxide, colour (e160a), sodium triphosphate

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately.
Pack size 4 x 61g tubs.

Preparation

Snap off lid, add boiled water to fill line (133mls), stir, replace lid, leave for 5 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
MACARONI CHEESE PER 100g	
ENERGY	444kcal/1870kj
FAT	14.7g
of which Saturates	3.44g
CARBOHYDRATE	76.2g
of which Sugars	1.4g
PROTEIN	1.24g
of which Phenylalanine	23mg
of which Methionine	7.7mg
of which Leucine	41mg
SALT	1.76g
SODIUM	0.702g

Mac Pot Tomato Macaroni

Ingredients - maize and potato starch shapes (maize starch, pregelatinized maize starch, pregelatinized modified potato starch, vegetable oil, emulsifier (e471), colour (e160a), maize starch, maltodextrin, pregelatinized maize starch, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, sugar, tomato powder, tomato flavour, monosodium glutamate, **savoury flavour**, salt, colour (paprika), titanium dioxide, sodium triphosphate.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately.
Pack size 4 x 61g tubs.

Preparation

Snap off lid, add boiled water to fill line (133mls), stir, replace lid, leave for 5 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
TOMATO MACARONI PER 100	
ENERGY	444kcal/1870kj
FAT	14.7g
of which Saturates	3.23g
CARBOHYDRATE	77.9g
of which Sugars	5.2g
PROTEIN	0.78g
of which Phenylalanine	17.7mg
of which Methionine	5.9mg
of which Leucine	29.3mg
SALT	1.8g
SODIUM	0.72g

Low Protein Croutons

Ingredients - **Wheat Starch (wheat)**, Vegetable Oil, Sugar, **Yeast**, Citrus Fibre, Stabiliser E461, Baking Powder, Salt, Guar Gum.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.

Once opened consume

within 3-4 days.

Available in 4 x 40g tubs in a pack.



TYPICAL NUTRITIONAL INFORMATION	
CROUTONS PER 100g	
ENERGY	399kcal/1684kj
CARBOHYDRATE	84.2g
of which Sugars	1.2g
PROTEIN	0.46g
of which Phenylalanine	27mg
of which Methionine	6mg
of which Leucine	40mg
FAT SALT	1.8g
SODIUM	0.7g

Low Protein Potato Cake Mix

Ingredients - **Potato Flake**, Maize Starch, Pre Gelatinized Maize Starch, Pre Gelatinized Potato Starch, Salt, Emulsifier E471, Stabiliser E461, Pepper.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.

Once opened use within 4

weeks. Available in 300g pack.

Preparation

Weigh out 50g of potato cake mix,

add 80mls of water and mix well.

Form into two circles and fry gently

for 2 - 3 minutes on each side until cooked.



TYPICAL NUTRITIONAL INFORMATION	
POTATO CAKE MIX PER 100	
ENERGY	165kcal/697kj
FAT	3.69g
of which Saturates	0.48g
CARBOHYDRATE	30.9g
of which Sugars	0.61g
PROTEIN	0.84g
of which Phenylalanine	46.3mg
of which Methionine	18.1mg
of which Leucine	67.2mg
SALT	0.58g
SODIUM	0.23g

Low Protein Instant Soups

Promin Low Protein Soups are perfect for cold times of the year. Simply add boiling water and the hot soup is ready. They are available in 4 varieties: Creamy Tomato Soup with Croutons, Creamy Chicken Soup with Croutons, Minestrone Soup with Croutons and Pea and Mint Soup with Croutons.

Creamy Tomato Soup with Croutons

Ingredients - maltodextrin, maize and potato starch shapes (maize starch, potato starch, sugar, vegetable oil, emulsifier e412, bicarbonate of soda), **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins), wheat starch**, sugar, pregelatinized modified potato starch, salt, tomato powder, maize starch, inulin, onion powder, tomato flavour, colour (paprika), basil.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 4 x 23g sachets per pack.

Preparation

Empty sachet into a cup or mug, add 230mls boiled water; stir. Leave for 2 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
CREAMY TOMATO PER SACHET	
ENERGY	88kcal/373kj
FAT	1.79g
of which Saturates	0.91g
CARBOHYDRATE	17.39g
of which Sugars	3.47g
PROTEIN	0.47g
of which Phenylalanine	4mg
of which Methionine	2mg
of which Leucine	2mg
SALT	1.1g
SODIUM	0.44g

Creamy Chicken Soup with Croutons

Ingredients - maize and potato starch shapes (maize starch, pregelatinized maize starch, pregelatinised modified potato starch, emulsifier e471, sugar, stabilisers e461, e412, vegetable oil, bicarbonate of soda, colour e160a), maltodextrin, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins), wheat** starch, sugar, pregelatinized modified potato starch, salt, dried vegetables (carrot, onion, peas), maize starch, inulin, chicken flavour, monosodium glutamate, **savoury flavour**, parsley, colour (beta carotene).

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 4 x 28g sachets per pack.

Preparation

Empty sachet into a cup or mug, add 230mls boiled water; stir. Leave for 2 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
CREAMY CHICKEN PER SACHET	
ENERGY	104kcal/440kj
FAT	1.43g
of which Saturates	0.77g
CARBOHYDRATE	21.97g
of which Sugars	3.78g
PROTEIN	0.43g
of which Phenylalanine	4mg
of which Methionine	2mg
of which Leucine	2mg
SALT	1.55g
SODIUM	0.62g

Minestrone Soup with Croutons

Ingredients - Ingredients - maize and potato starch shapes (maize starch, pregelatinized maize starch, pregelatinised modified potato starch, emulsifier e471, sugar, vegetable oil, bicarbonate of soda, colour e160a), maltodextrin, tomato powder, **wheat** starch, sugar, pregelatinized modified potato starch, salt, natural flavour, dried vegetables (carrot, onion, peas), bacon flavour, **savory flavour (milk)**, parsley, colour (caramel).

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 4 x 28g sachets per pack.

Preparation

Empty sachet into a cup or mug, add 230mls boiled water, stir. Leave for 2 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
MINESTRONE PER SACHET	
ENERGY	97kcal/412kj
FAT	0.78g
of which Saturates	0.19g
CARBOHYDRATE	21.02g
of which Sugars	4.56g
PROTEIN	0.99g
of which Phenylalanine	4mg
of which Methionine	2mg
of which Leucine	3mg
SALT	1.65g
SODIUM	0.66g

Pea and Mint Soup with Croutons

Ingredients - maltodextrin, **wheat** starch, wheat and potato starch shapes (**wheat** starch, potato starch, sugar, vegetable oil, emulsifier e412, bicarbonate of soda), **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, sugar, pea powder, pregelatinized modified potato starch, salt, inulin, onion powder, **savory flavour**, colour (chlorophyll e140), mint.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 4 x 23g sachets per pack.

Preparation

Empty sachet into a cup or mug, add 230mls boiled water, stir. Leave for 2 minutes and stir.



TYPICAL NUTRITIONAL INFORMATION	
PEA & MINT PER SACHET	
ENERGY	88kcal/373kj
FAT	1.98g
of which Saturates	0.89g
CARBOHYDRATE	16.76g
of which Sugars	3.75g
PROTEIN	0.57g
of which Phenylalanine	4mg
of which Methionine	2mg
of which Leucine	3mg
SALT	1.9g
SODIUM	0.76g

Low Protein Hot Breakfast

What a great start to the day! Promin Low Protein Hot Breakfast range will set you up and send you on your way. Another product range with more to it than meets the eye. It is available in 4 varieties: Original, Chocolate, Apple and Cinnamon and Banana.

Original Hot Breakfast

Ingredients - Maize starch, sugar, modified maize starch, modified potato starch, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, salt, emulsifier e471, stabiliser e461, anti oxidante300, colour e160a.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture. Once opened use immediately. 6 x 56g sachets per pack.

Preparation

Empty the contents of the sachet into a heat resistant bowl. Add 100mls of boiling water and stir. Leave to stand for 30 seconds.



TYPICAL NUTRITIONAL INFORMATION	
ORIGINAL PER SACHET	
ENERGY	229kcal/975kj
FAT	2.2g
of which Saturates	1.2g
CARBOHYDRATE	52.3g
of which Sugars	12.6g
PROTEIN	0.15g
of which Phenylalanine	8mg
of which Methionine	4mg
of which Leucine	16mg
SALT	0.31g
SODIUM	0.12g

Chocolate Hot Breakfast

Ingredients - Maize starch, sugar, modified maize starch, modified potato starch, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, cocoa powder, emulsifier e471, stabiliser e461, chocolate flavour, anti oxidant e300, colour e160a.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture. Once opened use immediately. 6 x 57g sachets per pack.

Preparation

Empty the contents of the sachet into a heat resistant bowl. Add 100mls of boiling water and stir. Leave to stand for 30 seconds.



TYPICAL NUTRITIONAL INFORMATION	
CHOCOLATE PER SACHET	
ENERGY	225kcal/957kj
FAT	1.67g
of which Saturates	0.95g
CARBOHYDRATE	51.9g
of which Sugars	16.7g
PROTEIN	0.20g
of which Phenylalanine	10mg
of which Methionine	3mg
of which Leucine	18mg
SALT	0.38g
SODIUM	0.15g

Apple and Cinnamon Hot Breakfast

Ingredients - Maize starch, sugar, modified maize starch, modified potato starch, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, apple flakes (sulphur dioxide), cinnamon, emulsifier e471, stabiliser e461, apple flavour, anti oxidant e300, colour e160a.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 6 x 57g sachets per pack.

Preparation

Empty the contents of the sachet into a heat resistant bowl. Add 100mls of boiling water and stir. Leave to stand for 30 seconds.



TYPICAL NUTRITIONAL INFORMATION	
APPLE & CINNAMON PER SACHET	
ENERGY	225kcal/957kj
FAT	1.67g
of which Saturates	1.0g
CARBOHYDRATE	52.3g
of which Sugars	14.4g
PROTEIN	0.063g
of which Phenylalanine	3mg
of which Methionine	1mg
of which Leucine	7mg
SALT	0.38g
SODIUM	0.15g

Banana Hot Breakfast

Ingredients - Maize starch, sugar, modified maize starch, modified potato starch, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, dried banana, emulsifier e471, stabiliser e461, banana flavour, anti oxidant e300, colour e160a.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 6 x 57g sachets per pack.

Preparation

Empty the contents of the sachet into a heat resistant bowl. Add 100mls of boiling water and stir. Leave to stand for 30 seconds.



TYPICAL NUTRITIONAL INFORMATION	
BANANA PER SACHET	
ENERGY	217kcal/922kj
FAT	1.7g
of which Saturates	1.6g
CARBOHYDRATE	50.2g
of which Sugars	10.9g
PROTEIN	0.13g
of which Phenylalanine	7mg
of which Methionine	3mg
of which Leucine	14mg
SALT	1.2g
SODIUM	0.5g

Low Protein Breakfast Bars

Promin Low Protein Breakfast Bars are ideal as a food on the go. Enjoy it as breakfast or just with a hot drink. They are available in 4 varieties: Apple and Cinnamon, Banana, Chocolate and Cranberry and Cranberry.

Breakfast Bars Apple and Cinnamon

Ingredients - **Butter**, Maize Starch, Syrup, Sugar, Pregelatinized Maize Starch, Pregelatinized Potato Starch, **Wheat Starch (wheat)**, **Creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, **Apple Flake (Apple)**, Emulsifier E471, Cinnamon, Stabiliser E461, **Apple Flavour (apple)**.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.
Once opened consume within 3-4 days.
Ready to eat. 6 x 40g bars per pack.



TYPICAL NUTRITIONAL INFORMATION	
APPLE & CINNAMON PER BAR	
ENERGY	195kcal/852kj
FAT	9.8g
of which Saturates	6.15g
CARBOHYDRATE	26.4g
of which Sugars	11.88g
PROTEIN	0.18g
of which Phenylalanine	10mg
of which Methionine	3mg
of which Leucine	17mg
SALT	0.20g
SODIUM	0.08g

Breakfast Bars Banana

Ingredients - **Butter**, Maize Starch, Syrup, Sugar, **Dried Banana (banana)**, Pregelatinized Maize Starch, Pregelatinized Potato Starch, **Wheat Starch (wheat)**, **Creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, Emulsifier E471, Stabiliser E461, **Banana Flavour**

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.
Once opened consume within 3-4 days.
Ready to eat. 6 x 40g bars per pack.



TYPICAL NUTRITIONAL INFORMATION	
BANANA PER BAR	
ENERGY	187kcal/788kj
FAT	9.08g
of which Saturates	5.99g
CARBOHYDRATE	26.18g
of which Sugars	10.48g
PROTEIN	0.13g
of which Phenylalanine	7mg
of which Methionine	3mg
of which Leucine	12mg
SALT	0.22g
SODIUM	0.09g

Breakfast Bars

Chocolate and Cranberry

Ingredients - **Butter**, Maize Starch, Syrup, Sugar, Cranberries, Pregelatinized Maize Starch, Pregelatinized Potato Starch, **Wheat Starch (wheat)**, Creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins), Emulsifier E471, Stabiliser E461, Chocolate flavour.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.
Once opened consume within 3-4 days.
Ready to eat. 6 x 40g bars per pack.



TYPICAL NUTRITIONAL INFORMATION	
CHOCOLATE & CRANBERRY PER BAR	
ENERGY	186kcal/780kj
FAT	8.44g
of which Saturates	5.28g
CARBOHYDRATE	27.48g
of which Sugars	13.40g
PROTEIN	0.09g
of which Phenylalanine	5mg
of which Methionine	2mg
of which Leucine	9mg
SALT	0.19g
SODIUM	0.078g

Breakfast Bars Cranberry

Ingredients - **Butter**, Maize Starch, Syrup, Sugar, Cranberries, Pregelatinized Maize Starch, Pregelatinized Potato Starch, **Wheat Starch (wheat)**, Creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins), Emulsifier E471, Stabiliser E461.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.
Once opened consume within 3-4 days.
Ready to eat. 6 x 40g bars per pack.



TYPICAL NUTRITIONAL INFORMATION	
CRANBERRY PER BAR	
ENERGY	186kcal/780kj
FAT	8.32g
of which Saturates	5.21g
CARBOHYDRATE	27.39g
of which Sugars	13.04g
PROTEIN	0.11g
of which Phenylalanine	6mg
of which Methionine	3mg
of which Leucine	11mg
SALT	0.23g
SODIUM	0.094g

Low Protein Rice Pudding

Promin Low Protein Rice Pudding provides a great tasting dessert option for meal times and also makes a great breakfast. It is available in 4 varieties: Original, Apple, Banana and Strawberry.

Original Rice Pudding

Ingredients - Maize starch and potato starch rice shapes (maize starch, modified maize starch, modified potato starch, emulsifier e471, stabiliser e461, anti oxidant e300, colour 160a), sugar, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, maltodextrin, modified maize starch, natural flavour (vanilla), titanium dioxide, sodium triphosphate e451, turmeric extract.

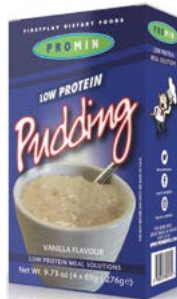
Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 4 x 69g sachets per pack.

Preparation

Empty the contents of sachet into a non-stick saucepan. Add 250mls of water and stir. Bring to the boil stirring occasionally. Simmer for 12 to 15 minutes according to taste.



TYPICAL NUTRITIONAL INFORMATION	
ORIGINAL PER SACHET	
ENERGY	259kcal/1100kj
FAT	2.0g
of which Saturates	1.86g
CARBOHYDRATE	60.4g
of which Sugars	18g
PROTEIN	0.2g
of which Phenylalanine	11mg
of which Methionine	4mg
of which Leucine	21mg
SALT	0.25g
SODIUM	0.1g

Apple Rice Pudding

Ingredients - Maize starch and potato starch rice shapes (maize starch, modified maize starch, modified potato starch, emulsifier e471, stabiliser e461, anti oxidant e300, colour 160a), sugar, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, maltodextrin, **dried apple flake (sulphur dioxide)**, modified maize starch, natural flavour (vanilla), natural flavour (apple), titanium dioxide, sodium triphosphate e451, **turmeric extract (sulphur dioxide)**.

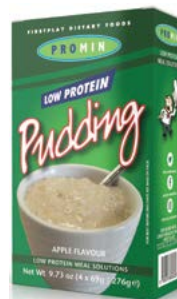
Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 4 x 69g sachets per pack.

Preparation

Empty the contents of sachet into a non-stick saucepan. Add 250mls of water and stir. Bring to the boil stirring occasionally. Simmer for 12 to 15 minutes according to taste.



TYPICAL NUTRITIONAL INFORMATION	
APPLE PER SACHET	
ENERGY	261kcal/1109kj
FAT	2.35g
of which Saturates	2.16g
CARBOHYDRATE	60.2g
of which Sugars	19.7g
PROTEIN	0.23g
of which Phenylalanine	11.6mg
of which Methionine	4mg
of which Leucine	23.3mg
SALT	0.25g
SODIUM	0.1g

Banana Rice Pudding

Ingredients - Maize starch and potato starch rice shapes (maize starch, modified maize starch, modified potato starch, emulsifier e471, stabiliser e461, anti oxidant e300, colour 160a), sugar, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, maltodextrin, modified maize starch, natural flavour (banana), titanium dioxide, sodium triphosphate e451, natural flavour (vanilla), **turmeric extract (sulphur dioxide)**.

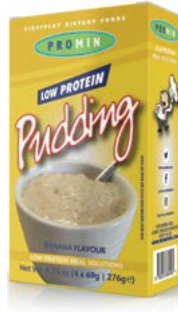
Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 4 x 69g sachets per pack.

Preparation

Empty the contents of sachet into a non-stick saucepan. Add 250mls of water and stir. Bring to the boil stirring occasionally. Simmer for 12 to 15 minutes according to taste.



TYPICAL NUTRITIONAL INFORMATION	
BANANA PER SACHET	
ENERGY	260kcal/1105kj
FAT	2.0g
of which Saturates	1.84g
CARBOHYDRATE	60.5g
of which Sugars	19.9g
PROTEIN	0.21g
of which Phenylalanine	11mg
of which Methionine	4mg
of which Leucine	20mg
SALT	0.23g
SODIUM	0.09g

Strawberry Rice Pudding

Ingredients - Maize starch and potato starch rice shapes (maize starch, modified maize starch, modified potato starch, emulsifier e471, stabiliser e461, anti oxidant e300, colour 160a), sugar, **creamer (dried glucose syrup, hydrogenated vegetable oil, milk proteins)**, maltodextrin, dried strawberry powder, modified maize starch, natural flavour (vanilla), natural flavour (strawberry), titanium dioxide, sodium triphosphate e451, paprika extract.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 4 x 69g sachets per pack.

Preparation

Empty the contents of sachet into a non-stick saucepan. Add 250mls of water and stir. Bring to the boil stirring occasionally. Simmer for 12 to 15 minutes according to taste.



TYPICAL NUTRITIONAL INFORMATION	
STRAWBERRY PER SACHET	
ENERGY	230kcal/347kj
FAT	1.8g
of which Saturates	1.65g
CARBOHYDRATE	53.4g
of which Sugars	18.8g
PROTEIN	0.4g
of which Phenylalanine	17mg
of which Methionine	6mg
of which Leucine	35mg
SALT	0.24g
SODIUM	0.096g

Low Protein Desserts

Finish off a meal with one of our tasty Promin Low Protein Desserts. There are so many ways to enjoy them by making into ice-cream, sweet slush or simply a drink by adding more water to it. It is available in 4 varieties: Chocolate and Banana, Strawberry and Vanilla, Custard and Caramel.

Chocolate and Banana Dessert

Ingredients - Sugar, modified maize starch, maltodextrin, **creamer (glucose syrup, hydrogenated vegetable oil, milk proteins)**, chocolate powder, stabiliser (e461), banana flavour, chocolate flavour, citric acid.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 6 x 36.5g sachets per pack.

Preparation

Empty the sachet into a bowl, add 100mls of cold water and mix with a fork or whisk.
Leave to stand for 1 minute.



TYPICAL NUTRITIONAL INFORMATION	
CHOCOLATE & BANANA PER SACHET	
ENERGY	146kcal/621kj
FAT	1.9g
of which Saturates	1.57g
CARBOHYDRATE	32.6g
of which Sugars	17.8g
PROTEIN	0.32g
of which Phenylalanine	18mg
of which Methionine	6mg
of which Leucine	24mg
SALT	1.13g
SODIUM	0.45g

Strawberry and Vanilla Dessert

Ingredients - Sugar, modified maize starch, maltodextrin, **creamer (glucose syrup, hydrogenated vegetable oil, milk proteins)**, strawberry powder, stabiliser (e461), vanilla flavour, strawberry flavour, citric acid.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 6 x 36.5g sachets per pack.

Preparation

Empty the sachet into a bowl, add 100mls of cold water and mix with a fork or whisk.
Leave to stand for 1 minute.



TYPICAL NUTRITIONAL INFORMATION	
STRAWBERRY & VANILLA PER SACHET	
ENERGY	149kcal/629kj
FAT	0.8g
of which Saturates	0.76g
CARBOHYDRATE	34.8g
of which Sugars	18.8g
PROTEIN	0.037g
of which Phenylalanine	1mg
of which Methionine	0.4mg
of which Leucine	3mg
SALT	0.8g
SODIUM	0.03g

Custard Dessert

Ingredients - Sugar, modified maize starch, maltodextrin, **creamer (glucose syrup, hydrogenated vegetable oil, milk proteins)**, custard flavour, vanilla flavour, stabiliser e461, citric acid, colour e160a.

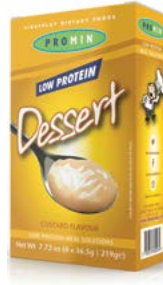
Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 6 x 36.5g sachets per pack.

Preparation

Empty the sachet into a bowl, add 100mls of cold water and mix with a fork or whisk.
Leave to stand for 1 minute.



TYPICAL NUTRITIONAL INFORMATION	
CUSTARD PER SACHET	
ENERGY	148kcal/628kj
FAT	1.8g
of which Saturates	1.37g
CARBOHYDRATE	33.2g
of which Sugars	17g
PROTEIN	0.11g
of which Phenylalanine	6mg
of which Methionine	2mg
of which Leucine	11mg
SALT	0.5g
SODIUM	0.2g

Caramel Dessert

Ingredients - Sugar, modified maize starch, maltodextrin, **creamer (glucose syrup, hydrogenated vegetable oil, milk proteins)**, caramel flavour, stabiliser (e461), butterscotch flavour, citric acid, colour (caramelised sugar).

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 12 months from manufacture.
Once opened use immediately. 6 x 36.5g sachets per pack.

Preparation

Empty the sachet into a bowl, add 100mls of cold water and mix with a fork or whisk.
Leave to stand for 1 minute.



TYPICAL NUTRITIONAL INFORMATION	
CARAMEL PER SACHET	
ENERGY	148kcal/631kj
FAT	1.97g
of which Saturates	1.53g
CARBOHYDRATE	33g
of which Sugars	16.8g
PROTEIN	0.066g
of which Phenylalanine	4mg
of which Methionine	1.5mg
of which Leucine	7mg
SALT	0.5g
SODIUM	0.2g

Low Protein Farmhouse Loaf

Ingredients - **Wheat Starch (Gluten)**, Water, Vegetable Oil, Granulated Sugar, **Yeast**, Stabiliser, Salt, Anti Caking Agent, **Baking Powder (Gluten)**, Guar Gum, Fibre, Natural Flavouring.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life 3 months from manufacture date.
Suitable for home freezing for up to 4 months.

Storage

Store in a cool dry place out of direct sunlight.
Once opened, store in an airtight container and consume within 3 days.



TYPICAL NUTRITIONAL INFORMATION		
PER 100g OF PRODUCT AS FED		
	100g prepared product	34g per prepared slice
ENERGY	257kcal/1083kj	87kcal/328kj
FAT	4.3g	1.5g
of which Saturates	0.3g	0.1g
CARBOHYDRATE	51.8g	17.6g
of which Sugars	1.4g	0.5g
PROTEIN	0.3g	0.1g
of which Phenylalanine	16mg	5mg
of which Methionine	5mg	2mg
of which Leucine	25mg	9mg
SALT	0.6g	0.2g
SODIUM	0.2g	11.1g

Low Protein Bread Crumbs

Ingredients - **Wheat Starch (wheat)**, Vegetable Oil, Sugar, Water, **Yeast**, Citrus Fibre, Stabiliser E461, Baking Powder, Salt, Guar Gum.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life 6 months.

Storage

Store in a cool dry place.
Once opened eat within 3-4 days.



TYPICAL NUTRITIONAL INFORMATION		
PER 100g OF PREPARED PRODUCT		
		Per Pot (175g)
ENERGY	399kcal/1684kj	698kcal/2947kj
FAT	7.8g	13.7g
of which Saturates	0.6g	1.1g
CARBOHYDRATE	84.2g	147.4g
of which Sugars	1.2g	2.1g
PROTEIN	0.46g	0.81g
of which Phenylalanine	27mg	47mg
of which Methionine	6mg	11mg
of which Leucine	40mg	70mg
SALT	1.8g	3.2g
SODIUM	0.7g	1.2g

Low Protein All Purpose Baking Mix

Ingredients - **Wheat Starch (Gluten)**, Sugar, Stabiliser E461, Salt, Bicarbonate of Soda, Guar Gum, Fibre.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Once opened store in an air tight container.
Shelf life of product 12 months from manufacture.
Product includes 2 sachets of 7g sachets of yeast.

Storage

Store in a cool dry place.



TYPICAL NUTRITIONAL INFORMATION	
ALL PURPOSE BAKING MIX	
	PER 100g
ENERGY	339kcal/1440kj
FAT	0.5g
of which Saturates	0.1g
CARBOHYDRATE	80.05g
of which Sugars	4.6g
PROTEIN	0.08g
of which Phenylalanine	4mg
of which Methionine	1mg
of which Leucine	6mg
SALT	0.6g
SODIUM	0.24g

Low Protein Cheese Sauce Mix

Ingredients - Pre Gelatinised Maize Starch, Maize Starch, Maltodextrin, **Creamer (Dried Glucose Syrup, Hydrogenated Vegetable Oil, Milk Proteins)**, Onion Powder, Cheese Flavour, Monosodium Glutamate, **Savoury Flavour**, Inulin, Salt, Mustard Powder, Stabiliser e461, Colours (Titanium Dioxide, Beta Carotene), Sodium Triphosphate.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Store in a cool dry place.
Once opened use immediately.
Shelf life - 12 months.
Available in 225g pack.

Preparation

Weigh 30g of product into a heat resistant bowl or jug, add 100mls boiled water and stir.



TYPICAL NUTRITIONAL INFORMATION		
CHEESE SAUCE MIX PER 100g		
	PER ONE RECOMMENDED SERVING (30g)	
ENERGY	372kcal/1580kj	112kcal/484kj
FAT	4.2g	1.26g
of which Saturates	0.1g	0.07g
CARBOHYDRATE	79.9g	23.98g
of which Sugars	0.1g	0.07g
PROTEIN	3.28g	0.98g
of which Phenylalanine	12.9mg	16.8mg
of which Methionine	7.2mg	9.3mg
of which Leucine	26.77mg	34.8mg
SALT	1.4g	0.97g
SODIUM	0.558g	0.39g

Snax

Promin Low Protein Snax are low protein crisps ready to consume anytime of the day. They are available in 4 varieties: Cheese and Onion, Ready Salted, Jalapeno and Salt and Vinegar:

Snax Cheese and Onion

Ingredients - maize starch, potato starch, **flavouring (cheese powder, salt, onion powder, whey powder, rice flour, vegetable fat powder, yeast powder, silica e551, repeseed oil)** emulsifier e471, salt, stabilizer e461, vegetable oil, anti-oxidant e300, colour e160a.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.
Once opened consume within 24 hours.
Ready to eat. Available in 25g pack.



TYPICAL NUTRITIONAL INFORMATION	
CHEESE & ONION PER PACK	
ENERGY	92kcal/391kj
FAT	5.45g
of which Saturates	0.50g
CARBOHYDRATE	19.4g
of which Sugars	0.1g
PROTEIN	0.095g
of which Phenylalanine	5.1mg
of which Methionine	2.2mg
of which Leucine	9.3mg
SALT	0.64g
SODIUM	0.25g

Snax Ready Salted

Ingredients - maize starch, potato starch, salt, emulsifier e471, stabilizer e461, vegetable oil, anti-oxidant e300, colour e160a.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.
Once opened consume within 24 hours.
Ready to eat. Available in 25g pack.



TYPICAL NUTRITIONAL INFORMATION	
READY SALTED PER PACK	
ENERGY	116kcal/489kj
FAT	4.1g
of which Saturates	0.58g
CARBOHYDRATE	19.6g
of which Sugars	0.1g
PROTEIN	0.03g
of which Phenylalanine	1.9mg
of which Methionine	0.9mg
of which Leucine	3.5mg
SALT	0.64g
SODIUM	0.25g

Snax Jalapeno

Ingredients - maize starch, potato starch, **flavouring** (salt, tomato powder, whey powder, spices, wheat flour, onion powder, garlic powder, dextrose, lemon juice powder, rusk, sugar, paprika e160c, silica e551, citric acid e330, rapeseed oil) emulsifier e471, salt, stabilizer e461, vegetable oil, anti-oxidant e300, colour e160a.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.

Once opened consume within 24 hours.

Ready to eat. Available in 25g pack.



TYPICAL NUTRITIONAL INFORMATION	
JALAPENO PER PACK	
ENERGY	114kcal/480kj
FAT	4g
of which Saturates	0.58g
CARBOHYDRATE	19.4g
of which Sugars	0.1g
PROTEIN	0.12g
of which Phenylalanine	5.5mg
of which Methionine	1.85mg
of which Leucine	8.75mg
SALT	0.79g
SODIUM	0.32g

Snax Salt and Vinegar

Ingredients - maize starch, potato starch, **flavouring** (malt vinegar powder, sea salt, dextrose, wheat flour, lactose, yeast extract powder, citric acid e330, silica e551, palm oil) emulsifier e471, salt, stabilizer e461, vegetable oil, anti-oxidant e300, colour e160a.

Allergy Advice - for allergens see ingredients in bold.

Other Information

Shelf life of product 6 months from manufacture.

Once opened consume within 24 hours.

Ready to eat. Available in 25g pack.



TYPICAL NUTRITIONAL INFORMATION	
SALT & VINEGAR PER PACK	
ENERGY	115kcal/481kj
FAT	4g
of which Saturates	0.58g
CARBOHYDRATE	19.5g
of which Sugars	0.1g
PROTEIN	0.05g
of which Phenylalanine	3.21mg
of which Methionine	1.46mg
of which Leucine	14mg
SALT	0.69g
SODIUM	0.28g

Classic Cake Mix

Ingredients - **Wheat Starch (Gluten)**, Sugar, Baking Powder, Stabiliser (e461), Guar Gum, Emulsifier (e471), Vanilla Flavour, Colour (e160a).

Allergy Advice - See ingredients in bold.

Other Information

Store in a cool dry place. Once opened, use within 6 weeks.
Shelf life - 12 months.

Preparation

Add 500g dry mix into a bowl.
Add 107g cake margarine to form a crumble, then add 201g water and mix thoroughly until a smooth batter.
Bake for 30 minutes at 190 degree temperature, then allow to cool.



TYPICAL NUTRITIONAL INFORMATION	
CLASSIC CAKE MIX PER 100g	
ENERGY	369kcal/1569kJ
FAT	0.4 g
of which Saturates	0.33 g
CARBOHYDRATE	91 g
of which Sugars	46.3 g
PROTEIN	0.1 g
of which Phenylalanine	5mg
of which Methionine	1mg
of which Leucine	8 mg
SALT	1.9 g
SODIUM	0.8 g

Chocolate Cake Mix

Ingredients - **Wheat Starch (Gluten)**, Sugar, Cocoa Powder, Baking Powder, Stabiliser (e461), Guar Gum, Chocolate Flavour.

Allergy Advice - See ingredients in bold.

Other Information

Store in a cool dry place. Once opened, use within 6 weeks.
Shelf life - 12 months.

Preparation

Add 500g dry mix into a bowl.
Add 117g cake margarine to form a crumble, then add 293g water and mix thoroughly until a smooth batter.
Bake for 30 minutes at 190 degree temperature, then allow to cool.



TYPICAL NUTRITIONAL INFORMATION	
CHOCOLATE CAKE MIX PER 100g	
ENERGY	361kcal/1535kJ
FAT	0.2 g
of which Saturates	0.10 g
CARBOHYDRATE	90.3 g
of which Sugars	38.2 g
PROTEIN	0.29 g
of which Phenylalanine	16mg
of which Methionine	3mg
of which Leucine	23 mg
SALT	2.2 g
SODIUM	0.9 g

Chocolate Muffin Mix

Ingredients - **Wheat Starch (Gluten)**, Light Soft Brown Sugar, Cocoa Powder, Baking Powder, Granulated Sugar, Stabiliser (e461), Guar Gum, Chocolate Flavour.

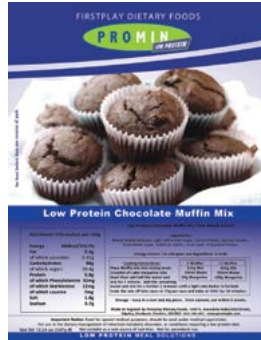
Allergy Advice - See ingredients in bold.

Other Information

Store in a cool dry place. Once opened, use within 6 weeks.
Shelf life - 12 months.

Preparation

Place Muffin mix into mixing bowl. Crumble all cake margarine into bowl then add half the water and mix for one minute. Add the remaining water and mix for a further 2 minutes until a light cake batter is formed. Scale the mix off into cases at 75g per case and cook at 200°C for 30 minutes.



TYPICAL NUTRITIONAL INFORMATION	
CHOCOLATE MUFFIN MIX PER 100g	
ENERGY	360kcal/1527kJ
FAT	0.4 g
of which Saturates	0.41 g
CARBOHYDRATE	88g
of which Sugars	39.4g
PROTEIN	0.8g
of which Phenylalanine	52mg
of which Methionine	12mg
of which Leucine	7mg
SALT	1.8g
SODIUM	0.7g

Banana Muffin Mix

Ingredients - **Wheat Starch (Gluten)**, Light Soft Brown Sugar, Crushed Dried Banana Chips, Granulated Sugar, Baking Powder, Stabiliser (e461), Banana Flavour, Guar Gum.

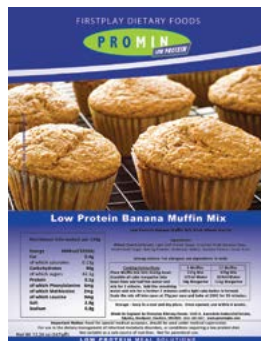
Allergy Advice - See ingredients in bold.

Other Information

Store in a cool dry place. Once opened, use within 6 weeks.
Shelf life - 12 months.

Preparation

Place Muffin mix into mixing bowl. Crumble all cake margarine into bowl then add half the water and mix for one minute. Add the remaining water and mix for a further 2 minutes until a light cake batter is formed. Scale the mix off into cases at 75g per case and cook at 200°C for 30 minutes.



TYPICAL NUTRITIONAL INFORMATION	
BANANA MUFFIN MIX PER 100g	
ENERGY	360kcal/1530kJ
FAT	0.4 g
of which Saturates	0.13 g
CARBOHYDRATE	90g
of which Sugars	42.1 g
PROTEIN	0.1 g
of which Phenylalanine	6mg
of which Methionine	2mg
of which Leucine	9 mg
SALT	2.0g
SODIUM	0.8g

Apple and Cinnamon Muffin Mix

Ingredients - **Wheat Starch (Gluten)**, Light Soft Brown Sugar, **Apple Flake (Sulphur Dioxide)**, Granulated Sugar, Baking Powder, Cinnamon, Stabiliser (e461), Guar Gum, Apple Flavour.

Allergy Advice - See ingredients in bold.

Other Information

Store in a cool dry place. Once opened, use within 6 weeks.
Shelf life - 12 months.

Preparation

Place Muffin mix into mixing bowl. Crumble all cake margarine into bowl then add half the water and mix for one minute. Add the remaining water and mix for a further 2 minutes until a light cake batter is formed. Scale the mix off into cases at 75g per case and cook at 200°C for 30 minutes.



TYPICAL NUTRITIONAL INFORMATION	
APPLE AND CINNAMON MUFFIN MIX PER 100g	
ENERGY	360kcal/1530kJ
FAT	0.4 g
of which Saturates	0.13 g
CARBOHYDRATE	90 g
of which Sugars	42.1 g
PROTEIN	0.1 g
of which Phenylalanine	6mg
of which Methionine	2mg
of which Leucine	9mg
SALT	2.0 g
SODIUM	0.8 g

Cranberry Muffin Mix

Ingredients - **Wheat Starch (Gluten)**, Light Soft Brown Sugar, Cranberries, Granulated Sugar, Baking Powder, Stabiliser (e461), Vanilla Flavour, Guar Gum.

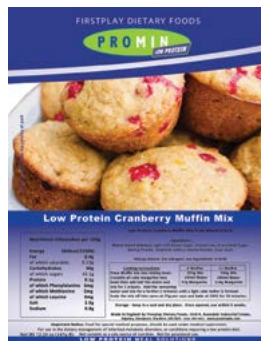
Allergy Advice - See ingredients in bold.

Other Information

Store in a cool dry place. Once opened, use within 6 weeks.
Shelf life - 12 months.

Preparation

Place Muffin mix into mixing bowl. Crumble all cake margarine into bowl then add half the water and mix for one minute. Add the remaining water and mix for a further 2 minutes until a light cake batter is formed. Scale the mix off into cases at 75g per case and cook at 200°C for 30 minutes.



TYPICAL NUTRITIONAL INFORMATION	
CRANBERRY MUFFIN MIX PER 100g	
ENERGY	360kcal/1530kJ
FAT	0.4 g
of which Saturates	0.13 g
CARBOHYDRATE	90 g
of which Sugars	42.1 g
PROTEIN	0.1 g
of which Phenylalanine	6mg
of which Methionine	2mg
of which Leucine	9mg
SALT	2.0 g
SODIUM	0.8 g

Cinnamon Muffin Mix

Ingredients - **Wheat Starch (Gluten)**, Light Soft Brown Sugar, Cinnamon, Baking Powder, Granulated Sugar, Stabiliser (e461), Guar Gum.

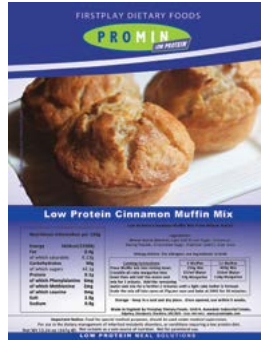
Allergy Advice - See ingredients in bold.

Other Information

Store in a cool dry place. Once opened, use within 6 weeks.
Shelf life - 12 months.

Preparation

Place Muffin mix into mixing bowl.
Crumble all cake margarine into bowl then add half the water and mix for one minute. Add the remaining water and mix for a further 2 minutes until a light cake batter is formed. Scale the mix off into cases at 75g per case and cook at 200°C for 30 minutes.



TYPICAL NUTRITIONAL INFORMATION	
CINNAMON MUFFIN MIX PER 100g	
ENERGY	360kcal/1530kj
FAT	0.4 g
of which Saturates	0.13 g
CARBOHYDRATE	90g
of which Sugars	42.1 g
PROTEIN	0.1 g
of which Phenylalanine	6 mg
of which Methionine	2 mg
of which Leucine	9 mg
SALT	2.0 g
SODIUM	0.8 g

Sweet Pancake Mix

Ingredients - **Wheat Starch (Gluten)**, Sugar, Potato Starch, Stabiliser (e461), Bicarbonate of Soda, Non Dairy Creamer, Maltodextrine, Baking Powder, Guar Gum, Custard Flavour, Vanilla Flavour, Salt, Citric Acid, Colour (e160a).

Allergy Advice - See ingredients in bold.

Other Information

Store in a cool dry place. Once opened, use within 6 weeks.
Shelf life - 12 months.

Preparation

To each 25g of dry mix, add 23mls of water into a bowl. Mix thoroughly then shallow fry both sides. Leave to stand.



TYPICAL NUTRITIONAL INFORMATION	
SWEET PANCAKE MIX PER 100g	
ENERGY	186kcal/792kj
FAT	0.3 g
of which Saturates	0.04 g
CARBOHYDRATE	46g
of which Sugars	12g
PROTEIN	0.1 g
of which Phenylalanine	3mg
of which Methionine	1mg
of which Leucine	4.5mg
SALT	1.14 g
SODIUM	0.46 g

Low Protein Scrambled Egg Mix

Ingredients - Rich Starch, Maltodextrine, **Baking Powder (Wheat)**, Stabiliser (e461), Calcium Carbonate, Egg Flavour, Guar Gum, Xantham Gum, Titanium Dioxide, Pepper, Colour (Turmeric Extract).

Allergy Advice - See ingredients in bold.

Other Information

Store in a cool dry place. Once opened, use within 8 weeks.
Shelf life - 12 months.

Preparation

To each 42g of dry mix, add 90mls of water into a bowl and mix thoroughly. Then shallow fry and chop for 2-3 minutes.



TYPICAL NUTRITIONAL INFORMATION	
SCRAMBLED EGG MIX PER 100g	
ENERGY	99kcal/421kJ
FAT	0.1 g
of which Saturates	0.05 g
CARBOHYDRATE	26.1 g
of which Sugars	0.2 g
PROTEIN	0.1 g
of which Phenylalanine	7 mg
of which Methionine	2 mg
of which Leucine	12 mg
SALT	1.3 g
SODIUM	0.7 g

Low Protein Chocolate Cereal

Ingredients - Maize Starch, Tapioca Starch, Granulated Sugar, Water, Powdered Sugar, Coconut Fat, Arabic Gum, Cocoa Powder, Calcium Carbonate, Salt, Vanilla Flavour.

Allergy Advice - See ingredients in bold.

Other Information

Store in a cool, dry, odour free place. To retain freshness fold down inner bag after use. Shelf life - 12 months.

Preparation

Ready to eat.



TYPICAL NUTRITIONAL INFORMATION	
CHOCOLATE CEREAL PER 100g	
ENERGY	436kcal/1837kJ
FAT	12.3g
of which Saturates	10.23g
CARBOHYDRATE	81g
of which Sugars	18.4g
PROTEIN	0.3g
of which Phenylalanine	18mg
of which Methionine	8mg
of which Leucine	33mg
SALT	0.3g
SODIUM	0.1g

Low Protein Banana Cereal

Ingredients - Maize Starch, Tapioca Starch, Granulated Sugar, Water, Coconut Fat, Arabic Gum, Banana Flavour, Calcium Carbonate, Salt, Colour (E100).

Allergy Advice - See ingredients in bold.

Other Information

Store in a cool, dry, odour free place. To retain freshness fold down inner bag after use. Shelf life - 12 months.

Preparation

Ready to eat.



TYPICAL NUTRITIONAL INFORMATION	
BANANA CEREAL PER 100g	
ENERGY	428kcal/1802kJ
FAT	12g
of which Saturates	10.28g
CARBOHYDRATE	80.2g
of which Sugars	19.1g
PROTEIN	0.4g
of which Phenylalanine	12mg
of which Methionine	10mg
of which Leucine	51mg
SALT	0.3g
SODIUM	0.1g

PROMIN

Online
Shop

Firstplay Dietary Foods
are pleased to welcome you
to our web-shop that will bring
a new shopping experience
to the low protein world.

Please visit our web-shop at

www.prominpk.com

Firstplay Dietary Foods Ltd

Unit 13, SPark Business Park, Hamilton Road, Stockport, Cheshire SK1 2AE United Kingdom

Tel: +44 (0)161 480 4602 Fax: +44 (0)161 612 6161 Email: info@firstplaydf.com

