

# **Product Information Sheet**

Product Code 324101

Weight 1600g

**Product Type** Large / Multi-Portion

Product Name Beef Lasagne

### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	754kJ	1508kJ
Energy (kcal)	180kcal	361kcal
Fat	9.8g	20g
Saturated	4.1g	8.1g
Monounsaturated	4.3g	8.6g
Polyunsaturated	1.3g	2.5g
Carbohydrate	13g	26g
of which sugars	2.8g	5.5g
Fibre	0.6g	1.3g
Protein	9.8g	20g
Sodium	248mg	497mg
Salt equivalent	0.62g	1.2g
Potassium	185mg	369mg

#### **Ingredient Declaration**

water, beef (22%), Cheddar cheese (**milk**), durum **wheat** semolina, vegetable oils (rapeseed, sunflower), cornflour, tomato, **milk** proteins, carrot, onion, tomato puree, salt, starch, stabiliser (cellulose), garlic, fructose, yeast extract, natural flavourings, pepper, caramelised sugar, dried oregano, dried thyme, sugar, dried onion, ground paprika, beef extract.

Diet Coding **Made Without** Free From 1 of 5 a Day Alcohol Alcohol Beef **Energy Dense** Beef Celery Gluten Free Celery Cheese Low Fat Cheese Crustacean Low Salt Crustacean Egg & egg derivatives Vegetarian Egg & Egg Derivatives Fish Low Saturated Fish Fat Garlic Garlic **Healthier Choice** Gluten Lupin Milk & milk derivatives Vegan Milk & Milk Soft Mollusc **Derivatives Reduced Sugars** Mushroom Mollusc **Low Sugars** Mustard Mushroom 2 of 5 a Day Nuts Mustard 3 of 5 a Day Onion Nuts Reducing Peanuts Onion High Protein Soya Peanut Sulphur dioxide/sulphites Easy Chew Sesame >10mg/kg Free From Milk Soya Tomato SourceFibre Tomato Yeast SourceOfProtein Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Oats

## Cooking Guidelines (all ovens may vary)

Cook with lid off. Cook from frozen.

Store at -18°C, do not refreeze once thawed

Product Code 328101
Product Type Small / Twin
Product Name Beef Lasagne

Weight 400g

#### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	740kJ	1480kJ
Energy (kcal)	177kcal	354kcal
Fat	9.5g	19g
Saturated	3.7g	7.3g
Monounsaturated	4.3g	8.7g
Polyunsaturated	1.4g	2.7g
Carbohydrate	13g	27g
of which sugars	3.1g	6.2g
Fibre	0.6g	1.3g
Protein	9.2g	18g
Sodium	239mg	479mg
Salt equivalent	0.60g	1.2g
Potassium	185mg	370mg

### **Ingredient Declaration**

water, beef (20%), Cheddar cheese (**milk**), durum **wheat** semolina, vegetable oils (rapeseed, sunflower), **milk** proteins, cornflour, tomato, carrot, onion, tomato puree, salt, starch, stabiliser (cellulose), garlic, fructose, yeast extract, pepper, natural flavourings, caramelised sugar, dried oregano, dried thyme, ground paprika, sugar, dried onion, beef extract.

	Made Without		Free From	
	Alcohol	/	Alcohol	
/	Beef		Beef	
	Celery	/	Celery	
	Cheese		Cheese	
	Crustacean	/	Crustacean	
	Egg & Egg Derivatives	/	Egg & egg derivatives	
	Fish	/	Fish	
	Garlic	<u> </u>	Garlic	
	Lupin		Gluten	
	Milk & Milk		Milk & milk derivatives	
	Derivatives		Mollusc	
	Mollusc		Mushroom	
	- Mushroom	\ \ /	Mustard	
			Nuts	
			Onion	
		<b>/</b>	Peanuts	
			Soya	
/		/	Sulphur dioxide/sulphites	
		/	>10mg/kg	
		/	Tomato	
		<u> </u>	Yeast	
	Yeast	ļ		
	Almond	/		
	Brazil	/		
	Cashew	/		
	Hazlenut	/		
	Macadamia	/		
	Pecan			
	Pistachio	/		
	Queensland	/		
	Walnut	/		
	Wheat			
	Rye	/		
	Barley	/		
	Oats	1		
		Alcohol  Beef Celery Cheese Crustacean Egg & Egg Derivatives Fish Garlic Lupin Milk & Milk Derivatives Mollusc Mushroom Mustard Nuts Onion Peanut Sesame Soya Tomato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	Alcohol  Beef Celery Cheese Crustacean Egg & Egg Derivatives Fish Garlic Lupin Milk & Milk Derivatives Mollusc Mushroom Mustard Nuts Onion Peanut Sesame Soya Tomato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley  Cheese  Crustacean  Almond Alega Fish Fish Alega Fish Fish Fish Fish Fish Fish Fish Fish	Alcohol  Alcohol  Beef  Celery  Cheese  Crustacean  Egg & Egg Derivatives  Fish  Garlic  Lupin  Milk & Milk  Derivatives  Mollusc  Mushroom  Mustard  Nuts  Onion  Peanut  Sesame  Soya  Tomato  Yeast  Almond  Brazil  Cashew  Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat  Rye  Barley  Cheese  Crustacean  Egg & egg derivatives  Fish  Garlic  Gluten  Milk & milk derivatives  Mollusc  Mushroom  Mustard  Nuts  Onion  Peanuts  Soya  Soya  Tomato  Yeast  Almond  Alcohol  Breg  Beef  Celery  Cheese  Crustacean  Egg & egg derivatives  Fish  Garlic  Gluten  Mushroom  Mushroom  Mustard  Nuts  Onion  Peanuts  Soya  Soya  Tomato  Yeast  Yeast  Almond  Alcohol  Breg  Calery  Crustacean  Fish  Garlic  Gluten  Mushroom  Mustard  Nuts  Onion  Peanuts  Soya  Tomato  Yeast  Yeast  Almond  Alcohol  Fistachio  Queensland  Walnut  Wheat  Rye  Barley

# Cooking Guidelines (all ovens may vary)

Cook with lid off. Cook from frozen.

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