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Product Information Sheet

Product Code 324144

Weight 1440g

Product Type Large / Multi-Portion Product Name Beef Stew & Dumplings

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	661kJ	1189kJ
Energy (kcal)	158kcal	284kcal
Fat	8.5g	15g
Saturated	3.3g	5.9g
Monounsaturated	3.8g	6.8g
Polyunsaturated	1.0g	1.8g
Carbohydrate	11g	20g
of which sugars	2.2g	3.9g
Fibre	1.0g	1.8g
Protein	9.1g	16g
Sodium	241mg	433mg
Salt equivalent	0.60g	1.1g
Potassium	181mg	326mg

Ingredient Declaration

beef (38%), water, **wheat** flour (with calcium, iron, niacin, thiamin), onion, carrot, chestnut mushroom, vegetable oils (palm, rapeseed, sunflower), swede, cornflour, parsnip, caramelised sugar, sugar, tomato puree, yeast extract, raising agents (diphosphates, sodium hydrogen carbonate), salt, stabiliser (cellulose), natural flavourings, pepper, dried onion, beef extract. 18

Diet Coding	Made Without		Free Fr
1 of 5 a Day	Alcohol	\checkmark	Alcoh
Energy Dense	Beef		Beef
Gluten Free	Celery	\checkmark	Celery
Low Fat	Cheese	\checkmark	Chees
Low Salt	Crustacean	\checkmark	Crusta
Vegetarian	Egg & Egg Derivatives	./	Egg &
Low Saturated Fat	Fish	× ./	Fish
Healthier Choice	Garlic	× /	Garlic
Vegan	Lupin	✓ /	Glute
Soft	Milk & Milk Derivatives		Milk 8
Reduced Sugars	Mollusc	\checkmark	Mollu
Low Sugars		\checkmark	Mush
2 of 5 a Day	Mushroom		Musta
3 of 5 a Day	Mustard	\checkmark	Nuts
Reducing	Nuts	\checkmark	Onior
High Protein	Onion		Peanu
Easy Chew	Peanut	\checkmark	Soya
Free From Milk	Sesame	\checkmark	Sulph
SourceFibre	Soya	\checkmark	Toma
SourceOfProtein	Tomato		Yeast
	Yeast		
	Almond	\checkmark	
	Brazil	\checkmark	
	Cashew	\checkmark	
	Hazlenut	\checkmark	
	Macadamia	\checkmark	
	Pecan	\checkmark	
	Pistachio	\checkmark	
	Queensland	\checkmark	
	Walnut	\checkmark	

Wheat

Barley

Oats

Rye

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Free From	
Alcohol	
Beef	
Celery	
Cheese	
Crustacean	
Egg & egg derivatives	
Fish	
Garlic	
Gluten	
Milk & milk derivatives	
Mollusc	
Mushroom	
Mustard	
Nuts	
Onion	
Peanuts	
Soya	
Sulphur dioxide/sulphites >10mg/kg	\checkmark
Tomato	
Yeast	

Cooking Guidelines (all ovens may vary) Cook from frozen. Lid on.

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

Product Code 328144Product Type Small / TwinProduct Name Beef Stew & Dumplings

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Low Fat	Cheese	\checkmark	Cheese
Low Salt	Crustacean		Crusta
Vegetarian	Egg & Egg Derivatives	× ./	Egg & e
Low Saturated Fat	Fish	× ./	Fish
Healthier Choice	Garlic	× /	Garlic
Vegan	Lupin		Gluten
Soft	Milk & Milk Derivatives		Milk &
Reduced Sugars	Mollusc	\checkmark	Mollus
Low Sugars		\checkmark	Mushr
2 of 5 a Day	Mushroom		Mustar
3 of 5 a Day	Mustard	\checkmark	Nuts
Reducing	Nuts	\checkmark	Onion
High Protein	Onion		Peanut
Easy Chew	Peanut	\checkmark	Soya
Free From Milk	Sesame	\checkmark	Sulphu
SourceFibre	Soya	\checkmark	Tomate
SourceOfProtein	Tomato		Yeast
	Yeast		
	Almond	\checkmark	
	Brazil	\checkmark	
	Cashew	\checkmark	
	Hazlenut	\checkmark	
	Macadamia	\checkmark	
	Pecan	\checkmark	
	Pistachio		
	Queensland		
	Walnut	× _/	
	Wheat		

✓ ✓ ✓

Free From	
Alcohol	
Beef	
Celery	
Cheese	
Crustacean	
Egg & egg derivatives	
Fish	
Garlic	
Gluten	
Milk & milk derivatives	
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