



Product Information Sheet

Product Code 227308

Weight 340g

Product Type Individual

Product Name Level 4 Purée Steak & Mushroom Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	700kj	2379kj
Energy (kcal)	168kcal	572kcal
Fat	12g	40g
Saturated	1.6g	5.3g
Monounsaturated	6.6g	22g
Polyunsaturated	3.7g	13g
Carbohydrate	8.4g	29g
of which sugars	2.6g	8.9g
Fibre	2.3g	7.9g
Protein	6.2g	21g
Sodium	201mg	682mg
Salt equivalent	0.50g	1.7g
Potassium	237mg	805mg

Ingredient Declaration

beef stock, beef (13%), water, carrot juice, rapeseed oil, mushroom (9%), carrot (7%), swede (4.5%), dried potato, pea protein, pea starch, onion, sugar, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), thickeners (methyl cellulose, xanthan gum, guar gum), maize starch, caramelised sugar, tomato puree, porcini mushroom powder, lemon juice, natural flavourings, rice protein, citrus fibres, onion powder, salt, yeast extract, pea fibres, concentrated onion juice, sunflower oil, garlic, sage, pepper, turmeric, nutmeg.

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

Cooking Guidelines (all ovens may vary)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF power.

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