



Product Information Sheet

Product Code 328100

Weight 340g

Product Type Small / Twin

Product Name Roast Beef In Gravy

Nutrition (as consumed)

| | Quantity Units (per 100g) | Quantity Units (per portion) |
|-----------------|---------------------------|------------------------------|
| Energy (kj) | 358kj | 608kj |
| Energy (kcal) | 85kcal | 145kcal |
| Fat | 3.4g | 5.7g |
| Saturated | 1.3g | 2.2g |
| Monounsaturated | 1.7g | 2.8g |
| Polyunsaturated | 0.3g | 0.5g |
| Carbohydrate | 3.5g | 6.0g |
| of which sugars | 0.9g | 1.5g |
| Fibre | <0.5g | <0.5g |
| Protein | 10g | 17g |
| Sodium | 289mg | 491mg |
| Salt equivalent | 0.72g | 1.2g |
| Potassium | 206mg | 350mg |

Ingredient Declaration

water, steam roasted beef (39%), modified starch, onion, salt, rapeseed oil, dextrose, tomato puree, stabilisers (triphosphates, polyphosphates), yeast extract, caramelised sugar, cornflour, flavouring, natural flavourings, burnt sugar powder, sugar, pepper, onion powder, beef extract, onion oil.

| 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)

Cook with lid on. Always cook from frozen.

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

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