



Product Information Sheet

Product Code 328138

Weight 330g

Product Type Small / Twin

Product Name Savoury Minced Beef

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	405kj	668kj
Energy (kcal)	97kcal	159kcal
Fat	4.6g	7.5g
Saturated	1.9g	3.1g
Monounsaturated	2.1g	3.5g
Polyunsaturated	0.2g	0.4g
Carbohydrate	4.5g	7.4g
of which sugars	2.3g	3.8g
Fibre	0.6g	1.0g
Protein	9.1g	15g
Sodium	336mg	554mg
Salt equivalent	0.84g	1.4g
Potassium	228mg	377mg

Ingredient Declaration

beef (42%), water, onion, carrot, modified starch, spirit vinegar, caramelised sugar, garlic, salt, yeast extract, cane molasses, onion powder, rapeseed oil, concentrated carrot juice, natural flavourings, sugar, thyme, pepper, concentrated onion juice, tamarind paste, cornflour, flavouring, dark brown sugar, tomato concentrate, ground cayenne, beef extract, garlic powder, ground clove.

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		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. Stir before serving.

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

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