



Product Information Sheet

Product Code 328103

Weight 360g

Product Type Small / Twin

Product Name Beef Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	465kj	838kj
Energy (kcal)	111kcal	200kcal
Fat	5.7g	10g
Saturated	1.9g	3.4g
Monounsaturated	2.9g	5.3g
Polyunsaturated	0.6g	1.1g
Carbohydrate	5.6g	10g
of which sugars	2.9g	5.2g
Fibre	1.0g	1.7g
Protein	8.9g	16g
Sodium	226mg	406mg
Salt equivalent	0.56g	1.0g
Potassium	211mg	380mg

Ingredient Declaration

beef (40%), water, onion, carrot, swede, mushroom, modified starch, rapeseed oil, caramelised sugar, sugar, yeast extract, tomato paste, salt, stabiliser (cellulose), flavouring, cornflour, pepper, onion powder, carrot juice concentrate, leek, beef extract, onion juice concentrate, dried potato, mushroom concentrate, leek juice concentrate, ground bay leaf, dried thyme.

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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