



Product Information Sheet

Product Code 227208

Weight 440g

Product Type Individual

Product Name Level 5 Steak & Mushroom Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	477kj	2100kj
Energy (kcal)	114kcal	504kcal
Fat	6.4g	28g
Saturated	1.1g	4.7g
Monounsaturated	3.7g	16g
Polyunsaturated	1.4g	6.3g
Carbohydrate	8.5g	37g
of which sugars	1.7g	7.5g
Fibre	2.1g	9.1g
Protein	4.6g	20g
Sodium	162mg	714mg
Salt equivalent	0.41g	1.8g
Potassium	220mg	970mg

Ingredient Declaration

water, potato, celeriac (**celery**), beef (17%), rapeseed oil, onion, carrot, swede, maltodextrin, mushroom (1.2%), modified starch, stabiliser (methyl cellulose), tomato paste, pea protein, sugar, salt, caramelised sugar, mushroom powder, yeast extract, garlic, **mustard** seeds, spirit vinegar, cornflour, pepper, dried mushroom, flavouring, burnt sugar powder, natural flavourings, onion powder, beef extract, ground clove, onion oil.

Warnings:

⚠ May contain soya.

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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)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Once cooked do not reheat. Stir before serving.

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