



Product Information Sheet

Product Code 227409

Weight 455g

Product Type Individual

Product Name Level 6 Shepherd's Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	476kj	2164kj
Energy (kcal)	114kcal	520kcal
Fat	6.9g	32g
Saturated	1.9g	8.8g
Monounsaturated	3.3g	15g
Polyunsaturated	1.1g	5.0g
Carbohydrate	7.3g	33g
of which sugars	1.8g	8.4g
Fibre	2.8g	13g
Protein	4.2g	19g
Sodium	134mg	611mg
Salt equivalent	0.34g	1.5g
Potassium	230mg	1048mg

Ingredient Declaration

potato, mutton (19%), water, carrot, swede, parsnip, celeriac (**celery**), onion, rapeseed oil, stabilisers (cellulose, hydroxypropyl methyl cellulose), modified starch, tomato paste, garlic, thyme, salt, caramelised sugar, roast lamb bone, rosemary, yeast extract, spirit vinegar, ground paprika, pepper, cane molasses, ground bay leaf, cornflour, tamarind paste, onion powder, ground cayenne, carrot juice concentrate, leek juice concentrate, sugar, garlic powder, ground clove, rosemary extract.

Warnings:

- ⚠ Prepared to meet level 6 for adults.
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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.

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