



Product Information Sheet

Product Code 328101

Weight 402g

Product Type Small / Twin

Product Name Beef Lasagne

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	732kj	1472kj
Energy (kcal)	175kcal	352kcal
Fat	9.6g	19g
Saturated	3.8g	7.5g
Monounsaturated	4.3g	8.7g
Polyunsaturated	1.2g	2.5g
Carbohydrate	13g	25g
of which sugars	2.9g	5.9g
Fibre	0.6g	1.3g
Protein	9.1g	18g
Sodium	240mg	482mg
Salt equivalent	0.60g	1.2g
Potassium	182mg	367mg

Ingredient Declaration

water, beef (20%), Cheddar cheese (**milk**), durum **wheat** semolina, rapeseed oil, **milk** proteins, tomato, modified starch, carrot, onion, tomato paste, salt, starch, stabiliser (cellulose), garlic, yeast extract, pepper, flavouring, cornflour, burnt sugar powder, dried oregano, dried thyme, ground paprika, sugar, onion powder, caramelised sugar, natural flavouring, beef extract, onion oil.

Warnings:

⚠ May contain mustard.

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 off. Always cook from frozen.

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

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