Product Information Sheet

Product Code 227225
Weight 450g
Product Type Individual
Product Name Level 5 Irish Stew

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	495kJ	2228kJ
Energy (kcal)	119kcal	535kcal
Fat	7.0g	32g
Saturated	2.3g	10g
Monounsaturated	3.1g	14g
Polyunsaturated	1.0g	4.4g
Carbohydrate	8.6g	39g
of which sugars	2.4g	11g
Fibre	2.5g	11g
Protein	4.1g	19g
Sodium	122mg	547mg
Salt equivalent	0.30g	1.4g
Potassium	170mg	763mg

Ingredient Declaration

water, mutton (16%), potato, parsnip, carrot, swede, onion, rapeseed oil, modified starch, stabilisers (methyl cellulose, cellulose, hydroxypropyl methyl cellulose), pearl **barley**, butter (**milk**), maltodextrin, tomato paste, honey, pea protein, caramelised sugar, spirit vinegar, **mustard** seeds, salt, dried **milk**, parsley, roast lamb bone, pepper, yeast extract, thyme, cane molasses, cornflour, tamarind paste, onion powder, ground cayenne, carrot juice concentrate, leek juice concentrate, sugar, garlic powder, ground clove, rosemary extract.

Warnings:

⚠ May contain soya.
⚠ May contain other gluten sources (wheat, spelt wheat, rye).
⚠ Prepared to meet level 5 for adults.

Diet Coding	
1 of 5 a Day	✓
Energy Dense	✓
Gluten Free	
Low Fat	
Low Salt	
Vegetarian	
Low Saturated Fat	
Healthier Choice	
Vegan	
Soft	
Reduced Sugars	
Low Sugars	✓
2 of 5 a Day	
3 of 5 a Day	
Reducing	
High Protein	✓
Easy Chew	
Free From Milk	
SourceFibre	
SourceOfProtein	

Made Without	
Alcohol	✓
Beef	✓
Celery	✓
Cheese	✓
Crustacean	✓
Egg & Egg Derivatives	✓
Fish	✓
Garlic	
Lupin	✓
Milk & Milk Derivatives	
Mollusc	✓
Mushroom	✓
Mustard	
Nuts	✓
Onion	
Peanut	✓
Sesame	✓
Soya	✓
Tomato	
Yeast	
Almond	✓
Brazil	✓
Cashew	✓
Hazlenut	✓
Macadamia	✓
Pecan	✓
Pistachio	✓
Queensland	✓
Walnut	✓
Wheat	✓
Rye	✓
Barley	
Oats	✓

Free From	
Alcohol	
Beef	
Celery	
Cheese	
Crustacean	
Egg & egg derivatives	
Fish	
Garlic	
Gluten	
Milk & milk derivatives	
Mollusc	
Mushroom	
Mustard	
Nuts	
Onion	
Peanuts	
Soya	
Sulphur dioxide/sulphites >10mg/kg	✓
Tomato	
Yeast	

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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