



Product Information Sheet

Product Code 217360

Weight 430g

Product Type Individual

Product Name Level 4 Purée Classic Cottage Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	489kj	2103kj
Energy (kcal)	117kcal	502kcal
Fat	5.0g	22g
Saturated	1.3g	5.5g
Monounsaturated	2.8g	12g
Polyunsaturated	1.2g	5.0g
Carbohydrate	11g	49g
of which sugars	1.8g	7.5g
Fibre	1.6g	7.0g
Protein	5.6g	24g
Sodium	140mg	600mg
Salt equivalent	0.35g	1.5g
Potassium	253mg	1088mg

Ingredient Declaration

water, beef (20%), peas (14%), dried potato, onion, rapeseed oil, maltodextrin, tomato puree, pea starch, carrot, natural flavourings, salt, thickeners (methyl cellulose, xanthan gum, guar gum), emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), garlic, yeast extract, sugar, iodised salt, caramelised sugar, pepper, nutmeg, concentrated lemon juice, turmeric, spices.

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. Take care, hot after heating. Once cooked do not reheat. Oven cook only.

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

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