



# Product Information Sheet

**Product Code** 217363

**Weight** 480g

**Product Type** Individual

**Product Name** Level 4 Purée Classic Beef & Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	439kj	2107kj
Energy (kcal)	105kcal	503kcal
Fat	4.5g	22g
Saturated	1.0g	4.9g
Monounsaturated	2.5g	12g
Polyunsaturated	1.1g	5.3g
Carbohydrate	10g	50g
of which sugars	1.8g	8.8g
Fibre	2.1g	9.9g
Protein	4.7g	22g
Sodium	148mg	712mg
Salt equivalent	0.37g	1.8g
Potassium	217mg	1042mg

## Ingredient Declaration

beef stock, water, beef (15%), peas (12%), dried potato (4.5%), onion, rapeseed oil, maltodextrin, carrot, pea starch, waxy maize starch, thickeners (methyl cellulose, xanthan gum, guar gum), caramelised sugar, natural flavourings, sugar, citrus fibres, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), salt, iodised salt, yeast extract, nutmeg, pepper, turmeric.

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		Tomato	✓	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. Microwave - cook on HALF POWER.

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

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084