



Product Information Sheet

Product Code 217384

Weight 480g

Product Type Individual

Product Name Level 4 Purée Classic Beef Grillsteak

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	437kj	2097kj
Energy (kcal)	104kcal	500kcal
Fat	4.0g	19g
Saturated	1.0g	4.7g
Monounsaturated	2.2g	11g
Polyunsaturated	0.9g	4.5g
Carbohydrate	11g	53g
of which sugars	1.9g	9.2g
Fibre	1.7g	8.4g
Protein	4.9g	24g
Sodium	142mg	680mg
Salt equivalent	0.35g	1.7g
Potassium	234mg	1121mg

Ingredient Declaration

water, beef stock, beef (15%), onion, dried potato, white beans (3.5%), tomato, rapeseed oil, carrot, waxy maize starch, maltodextrin, pea starch, tomato puree, sugar, thickeners (methyl cellulose, xanthan gum, guar gum), natural flavourings, caramelised sugar, citrus fibres, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), salt, spirit vinegar, yeast extract, iodised salt, garlic, pepper, nutmeg, lemon juice, herbs, 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

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