



Product Information Sheet

Product Code 217119

Weight 425g

Product Type Individual

Product Name Level 5 Cottage Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	439kj	1864kj
Energy (kcal)	105kcal	445kcal
Fat	4.2g	18g
Saturated	1.0g	4.4g
Monounsaturated	2.3g	9.7g
Polyunsaturated	0.8g	3.2g
Carbohydrate	11g	46g
of which sugars	2.3g	9.8g
Fibre	1.8g	7.7g
Protein	4.8g	20g
Sodium	166mg	707mg
Salt equivalent	0.42g	1.8g
Potassium	206mg	875mg

Ingredient Declaration

potato, water, beef (20%), carrot, swede, onion, maltodextrin, rapeseed oil, modified starch, stabilisers (cellulose, hydroxypropyl methyl cellulose), caramelised sugar, salt, tomato puree, yeast extract, pepper, natural flavourings, cornflour, sugar, flavouring, garlic, beef extract, dried onion, beef stock.

Warnings:

⚠ Prepared to meet level 5 for adults.

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. Once cooked do not reheat. Stir in edges of pie before serving.

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

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