



Product Information Sheet

Product Code 217362

Weight 480g

Product Type Individual

Product Name Level 4 Purée Classic Beef Stew

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	455kj	2184kj
Energy (kcal)	109kcal	522kcal
Fat	5.2g	25g
Saturated	1.2g	5.6g
Monounsaturated	2.9g	14g
Polyunsaturated	1.3g	6.2g
Carbohydrate	9.9g	48g
of which sugars	1.8g	8.6g
Fibre	1.8g	8.7g
Protein	4.6g	22g
Sodium	144mg	692mg
Salt equivalent	0.36g	1.7g
Potassium	247mg	1186mg

Ingredient Declaration

beef stock, water, beef (16%), parsnip (12%), dried potato, onion, rapeseed oil, carrot, tomato puree, maize starch, maltodextrin, pea starch, thickeners (methyl cellulose, xanthan gum, guar gum), sugar, caramelised sugar, natural flavourings, citrus fibres, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), garlic, salt, lemon juice, yeast extract, iodised salt, pepper, nutmeg, 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		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