



Product Information Sheet

Product Code 324114

Weight 1600g

Product Type Large / Multi-Portion

Product Name Cottage Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	466kj	932kj
Energy (kcal)	111kcal	223kcal
Fat	5.7g	11g
Saturated	2.1g	4.1g
Monounsaturated	2.7g	5.5g
Polyunsaturated	0.6g	1.2g
Carbohydrate	7.2g	14g
of which sugars	0.9g	1.8g
Fibre	0.9g	1.7g
Protein	7.5g	15g
Sodium	173mg	346mg
Salt equivalent	0.43g	0.86g
Potassium	218mg	435mg

Ingredient Declaration

beef (33%), water, potato, onion, carrot, cornflour, vegetable oils (rapeseed, sunflower), butter (**milk**), stabilisers (cellulose, hydroxypropyl methyl cellulose), caramelised sugar, yeast extract, salt, tomato puree, dried **milk**, natural flavouring, onion powder, pepper, dried onion, dried carrot, garlic, sugar, dried tomato, beef extract, ground turmeric, dried thyme, ground bay leaf.

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)

Cook with lid off. Cook from frozen.

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

Product Code 328114
Product Type Small / Twin
Product Name Cottage Pie

Weight 445g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	466kj	1036kj
Energy (kcal)	112kcal	248kcal
Fat	5.7g	13g
Saturated	2.0g	4.5g
Monounsaturated	2.8g	6.2g
Polyunsaturated	0.7g	1.5g
Carbohydrate	7.7g	17g
of which sugars	0.9g	1.9g
Fibre	0.9g	2.0g
Protein	6.8g	15g
Sodium	174mg	386mg
Salt equivalent	0.44g	0.97g
Potassium	221mg	492mg

Ingredient Declaration

beef (29%), potato, water, onion, carrot, cornflour, vegetable oils (rapeseed, sunflower), butter (milk), stabilisers (hydroxypropyl methyl cellulose, cellulose), salt, caramelised sugar, dried milk, yeast extract, tomato puree, natural flavouring, pepper, onion powder, dried onion, dried carrot, garlic, sugar, dried tomato, beef extract, ground turmeric, dried thyme, ground bay leaf.

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)

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