



# Product Information Sheet

**Product Code** 324101

**Weight** 1600g

**Product Type** Large / Multi-Portion

**Product Name** Beef Lasagne

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	754kj	1508kj
Energy (kcal)	180kcal	361kcal
Fat	9.8g	20g
Saturated	4.1g	8.1g
Monounsaturated	4.3g	8.6g
Polyunsaturated	1.3g	2.5g
Carbohydrate	13g	26g
of which sugars	2.8g	5.5g
Fibre	0.6g	1.3g
Protein	9.8g	20g
Sodium	248mg	497mg
Salt equivalent	0.62g	1.2g
Potassium	185mg	369mg

## Ingredient Declaration

water, beef (22%), Cheddar cheese (**milk**), durum **wheat** semolina, vegetable oils (rapeseed, sunflower), cornflour, tomato, **milk** proteins, carrot, onion, tomato puree, salt, starch, stabiliser (cellulose), garlic, fructose, yeast extract, natural flavourings, pepper, caramelised sugar, dried oregano, dried thyme, sugar, dried onion, ground paprika, beef extract.

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 328101

Weight 400g

Product Type Small / Twin

Product Name Beef Lasagne

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	740kJ	1480kJ
Energy (kcal)	177kcal	354kcal
Fat	9.5g	19g
Saturated	3.7g	7.3g
Monounsaturated	4.3g	8.7g
Polyunsaturated	1.4g	2.7g
Carbohydrate	13g	27g
of which sugars	3.1g	6.2g
Fibre	0.6g	1.3g
Protein	9.2g	18g
Sodium	239mg	479mg
Salt equivalent	0.60g	1.2g
Potassium	185mg	370mg

## Ingredient Declaration

water, beef (20%), Cheddar cheese (**milk**), durum **wheat** semolina, vegetable oils (rapeseed, sunflower), **milk** proteins, cornflour, tomato, carrot, onion, tomato puree, salt, starch, stabiliser (cellulose), garlic, fructose, yeast extract, pepper, natural flavourings, caramelised sugar, dried oregano, dried thyme, ground paprika, sugar, dried onion, beef extract.

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**

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