



# Product Information Sheet

Product Code 217211

Weight 370g

Product Type Individual

Product Name Level 5 Beef in Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	492kj	1820kj
Energy (kcal)	118kcal	436kcal
Fat	6.9g	26g
Saturated	2.2g	8.3g
Monounsaturated	3.0g	11g
Polyunsaturated	1.4g	5.0g
Carbohydrate	8.4g	31g
of which sugars	1.5g	5.6g
Fibre	1.4g	5.2g
Protein	4.9g	18g
Sodium	239mg	884mg
Salt equivalent	0.60g	2.2g
Potassium	199mg	738mg

## Ingredient Declaration

water, potato, beef stock, beef (11%), broccoli, carrot, vegetable oils (rapeseed, sunflower), West Country Cheddar cheese (**milk**), maltodextrin, butter (**milk**), starch, modified starch, onion, cream (**milk**), natural flavourings, caramelised sugar, salt, sugar, stabiliser (methyl cellulose), carrot juice, thickeners (methyl cellulose, xanthan gum, guar gum), pea protein, emulsifier (lecithin), dried glucose syrup, yeast extract, pepper, cornflour, concentrated onion juice, brown sugar, dried onion, ground nutmeg, tomato puree.

## Warnings:

⚠ Prepared to meet level 5 for adults.

⚠ May contain soya.

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 only the gravy before serving. Microwave - cook on HALF POWER.

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

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