



# Product Information Sheet

**Product Code** 217310

**Weight** 440g

**Product Type** Individual

**Product Name** Level 6 Cottage Pie

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	404kj	1778kj
Energy (kcal)	96kcal	423kcal
Fat	3.1g	14g
Saturated	0.7g	3.0g
Monounsaturated	1.6g	7.2g
Polyunsaturated	0.7g	2.9g
Carbohydrate	12g	54g
of which sugars	2.7g	12g
Fibre	1.8g	7.7g
Protein	3.8g	17g
Sodium	163mg	715mg
Salt equivalent	0.41g	1.8g
Potassium	184mg	810mg

## Ingredient Declaration

potato, carrot, water, swede, beef (12%), maltodextrin, onion, rapeseed oil, modified starch, stabilisers (cellulose, hydroxypropyl methyl cellulose), pea protein, caramelised sugar, salt, yeast extract, tomato puree, natural flavourings, cornflour, sugar, pepper, flavouring, garlic, dried onion, beef extract, beef stock.

## Warnings:

⚠ May contain soya.

⚠ Prepared to meet level 6 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**

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