

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.

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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.

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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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