



# Product Information Sheet

**Product Code** 324119

**Weight** 1500g

**Product Type** Large / Multi-Portion

**Product Name** Corned Beef Hash

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	625kj	1563kj
Energy (kcal)	150kcal	374kcal
Fat	8.4g	21g
Saturated	1.7g	4.3g
Monounsaturated	4.2g	11g
Polyunsaturated	1.8g	4.6g
Carbohydrate	11g	28g
of which sugars	1.0g	2.5g
Fibre	1.3g	3.2g
Protein	6.8g	17g
Sodium	258mg	646mg
Salt equivalent	0.65g	1.6g
Potassium	252mg	630mg

## Ingredient Declaration

potato, cooked beef (21%), onion, water, vegetable oils (rapeseed, sunflower), salt, stabiliser (cellulose), sugar, pepper, dextrose, preservative (sodium nitrite).

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 from frozen. Lid off.

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

**Product Code** 328119**Weight** 500g**Product Type** Small / Twin**Product Name** Corned Beef Hash**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	625kJ	1563kJ
Energy (kcal)	150kcal	374kcal
Fat	8.4g	21g
Saturated	1.7g	4.3g
Monounsaturated	4.2g	11g
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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	
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3 of 5 a Day		Nuts	✓	Nuts	
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High Protein		Peanut	✓	Peanuts	
Easy Chew	✓	Sesame	✓	Soya	
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SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
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