



Product Information Sheet

Product Code 324144

Weight 1440g

Product Type Large / Multi-Portion

Product Name Beef Stew & Dumplings

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	661kj	1189kj
Energy (kcal)	158kcal	284kcal
Fat	8.5g	15g
Saturated	3.3g	5.9g
Monounsaturated	3.8g	6.8g
Polyunsaturated	1.0g	1.8g
Carbohydrate	11g	20g
of which sugars	2.2g	3.9g
Fibre	1.0g	1.8g
Protein	9.1g	16g
Sodium	241mg	433mg
Salt equivalent	0.60g	1.1g
Potassium	181mg	326mg

Ingredient Declaration

beef (38%), water, **wheat** flour (with calcium, iron, niacin, thiamin), onion, carrot, chestnut mushroom, vegetable oils (palm, rapeseed, sunflower), swede, cornflour, parsnip, caramelised sugar, sugar, tomato puree, yeast extract, raising agents (diphosphates, sodium hydrogen carbonate), salt, stabiliser (cellulose), natural flavourings, pepper, dried onion, beef extract.

Diet Coding

1 of 5 a Day
Energy Dense
Gluten Free
Low Fat
Low Salt
Vegetarian
Low Saturated Fat
Healthier Choice
Vegan
Soft
Reduced Sugars
Low Sugars
2 of 5 a Day
3 of 5 a Day
Reducing
High Protein
Easy Chew
Free From Milk
SourceFibre
SourceOfProtein

Made Without

Alcohol	✓
Beef	
Celery	✓
Cheese	✓
Crustacean	✓
Egg & Egg Derivatives	✓
Fish	✓
Garlic	✓
Lupin	✓
Milk & Milk Derivatives	✓
Mollusc	✓
Mushroom	
Mustard	✓
Nuts	✓
Onion	
Peanut	✓
Sesame	✓
Soya	✓
Tomato	
Yeast	
Almond	✓
Brazil	✓
Cashew	✓
Hazlenut	✓
Macadamia	✓
Pecan	✓
Pistachio	✓
Queensland	✓
Walnut	✓
Wheat	
Rye	✓
Barley	✓
Oats	✓

Free From

Alcohol	
Beef	
Celery	
Cheese	
Crustacean	
Egg & egg derivatives	
Fish	
Garlic	
Gluten	
Milk & milk derivatives	
Mollusc	
Mushroom	
Mustard	
Nuts	
Onion	
Peanuts	
Soya	
Sulphur dioxide/sulphites >10mg/kg	✓
Tomato	
Yeast	

Cooking Guidelines (all ovens may vary)

Cook from frozen. Lid on.

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

Product Code 328144**Weight** 360g**Product Type** Small / Twin**Product Name** Beef Stew & Dumplings**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	661kj	1189kj
Energy (kcal)	158kcal	284kcal
Fat	8.5g	15g
Saturated	3.3g	5.9g
Monounsaturated	3.8g	6.8g
Polyunsaturated	1.0g	1.8g
Carbohydrate	11g	20g
of which sugars	2.2g	3.9g
Fibre	1.0g	1.8g
Protein	9.1g	16g
Sodium	241mg	433mg
Salt equivalent	0.60g	1.1g
Potassium	181mg	326mg

Ingredient Declaration

beef (38%), water, **wheat** flour (with calcium, iron, niacin, thiamin), onion, carrot, chestnut mushroom, vegetable oils (palm, rapeseed, sunflower), swede, cornflour, parsnip, caramelised sugar, sugar, tomato puree, yeast extract, raising agents (diphosphates, sodium hydrogen carbonate), salt, stabiliser (cellulose), natural flavourings, pepper, dried onion, beef extract.

Diet Coding

1 of 5 a Day
Energy Dense
Gluten Free
Low Fat
Low Salt
Vegetarian
Low Saturated Fat
Healthier Choice
Vegan
Soft
Reduced Sugars
Low Sugars
2 of 5 a Day
3 of 5 a Day
Reducing
High Protein
Easy Chew
Free From Milk
SourceFibre
SourceOfProtein

Made Without

Alcohol	✓
Beef	
Celery	✓
Cheese	✓
Crustacean	✓
Egg & Egg Derivatives	✓
Fish	✓
Garlic	✓
Lupin	✓
Milk & Milk Derivatives	✓
Mollusc	✓
Mushroom	
Mustard	✓
Nuts	✓
Onion	
Peanut	✓
Sesame	✓
Soya	✓
Tomato	
Yeast	
Almond	✓
Brazil	✓
Cashew	✓
Hazlenut	✓
Macadamia	✓
Pecan	✓
Pistachio	✓
Queensland	✓
Walnut	✓
Wheat	
Rye	✓
Barley	✓
Oats	✓

Free From

Alcohol	
Beef	
Celery	
Cheese	
Crustacean	
Egg & egg derivatives	
Fish	
Garlic	
Gluten	
Milk & milk derivatives	
Mollusc	
Mushroom	
Mustard	
Nuts	
Onion	
Peanuts	
Soya	
Sulphur dioxide/sulphites >10mg/kg	✓
Tomato	
Yeast	

Cooking Guidelines (all ovens may vary)

Cook from frozen. Lid on.

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

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