



# Product Information Sheet

**Product Code** 217383

**Weight** 430g

**Product Type** Individual

**Product Name** Level 4 Purée Classic Shepherds Pie

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	492kj	2115kj
Energy (kcal)	117kcal	504kcal
Fat	4.7g	20g
Saturated	1.3g	5.8g
Monounsaturated	2.4g	10g
Polyunsaturated	1.0g	4.2g
Carbohydrate	13g	57g
of which sugars	2.4g	10g
Fibre	1.5g	6.5g
Protein	4.7g	20g
Sodium	130mg	559mg
Salt equivalent	0.32g	1.4g
Potassium	229mg	984mg

## Ingredient Declaration

water, carrot (14%), lamb (10%), mutton (10%), dried potato, carrot juice, maltodextrin, onion, rapeseed oil, pea starch, swede, parsnip, tomato puree, maize starch, sugar, natural flavouring, salt, yeast extract, caramelised sugar, thickener (methyl cellulose), pea fibres, lemon juice, emulsifier (mono- and diglycerides of fatty acids), iodised salt, garlic, garden lovage, nutmeg, pepper, rosemary, turmeric.

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. Take care, hot after heating. Once cooked do not reheat.

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

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