



# Product Information Sheet

**Product Code** 217018

**Weight** 275g

**Product Type** Individual

**Product Name** Level 4 Purée Petite Beef & Gravy

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	756kj	2079kj
Energy (kcal)	182kcal	500kcal
Fat	13g	34g
Saturated	1.8g	5.1g
Monounsaturated	7.0g	19g
Polyunsaturated	3.9g	11g
Carbohydrate	7.5g	21g
of which sugars	1.6g	4.4g
Fibre	3.0g	8.3g
Protein	8.3g	23g
Sodium	261mg	718mg
Salt equivalent	0.65g	1.8g
Potassium	203mg	557mg

## Ingredient Declaration

water, beef stock, beef (15%), peas, rapeseed oil, **SOYA** protein, dried potato, emulsifiers (**SOYA** lecithin, mono- and diglycerides of fatty acids), thickeners (methyl cellulose, xanthan gum, guar gum), inulin, maltodextrin, starch, natural flavourings (contains yeast extract), salt, carrot juice, caramelised sugar, sugar, onion powder, pea fibres, concentrated onion juice, sunflower oil, concentrated tomato puree, citrus fibres, turmeric, nutmeg, pepper.

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		Milk & milk derivatives	✓	Gluten	✓
Soft		Mollusc	✓	Milk & milk derivatives	
Reduced Sugars		Mushroom	✓	Mollusc	
Low Sugars	✓	Mustard	✓	Mushroom	
2 of 5 a Day		Nuts	✓	Mustard	
3 of 5 a Day		Onion		Nuts	
Reducing		Peanuts	✓	Onion	
High Protein		Soya		Peanuts	
Easy Chew		Tomato		Soya	
Free From Milk		Yeast		Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Lupin	✓	Tomato	
SourceOfProtein		Sesame	✓	Yeast	

### Cooking Guidelines (all ovens may vary)

Cook from frozen. Cook until piping hot. Once cooked do not reheat. Microwave - cook on HALF POWER

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

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