



Product Information Sheet

Product Code 217111

Weight 400g

Product Type Individual

Product Name Level 5 Lamb Stew

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	357kj	1429kj
Energy (kcal)	85kcal	341kcal
Fat	3.4g	14g
Saturated	1.2g	4.9g
Monounsaturated	1.5g	5.9g
Polyunsaturated	0.5g	2.2g
Carbohydrate	8.0g	32g
of which sugars	1.9g	7.8g
Fibre	2.6g	10g
Protein	4.4g	18g
Sodium	137mg	549mg
Salt equivalent	0.34g	1.4g
Potassium	267mg	1070mg

Ingredient Declaration

water, potato, parsnip, sprouts, lamb (13%), carrot, onion, modified starch, stabiliser (methyl cellulose), pea protein, rapeseed oil, tomato puree, dried potato, caramelised sugar, salt, roast lamb bone, pepper, yeast extract, cornflour, thyme, carrot juice concentrate, leek juice concentrate, sugar, rosemary extract.

Warnings:

⚠ May contain soya.

⚠ Prepared to meet level 5 for adults.

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. Once cooked do not reheat. Stir before serving.

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

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