

Product Information Sheet

Product Code 324312

Weight 1600g

Product Type Large / Multi-Portion

Product Name Shepherd's Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	614kj	1228kj
Energy (kcal)	148kcal	295kcal
Fat	9.9g	20g
Saturated	3.8g	7.5g
Monounsaturated	4.0g	8.0g
Polyunsaturated	1.0g	2.0g
Carbohydrate	6.2g	12g
of which sugars	1.1g	2.3g
Fibre	1.3g	2.6g
Protein	7.7g	15g
Sodium	259mg	519mg
Salt equivalent	0.65g	1.3g
Potassium	255mg	510mg

Ingredient Declaration

mutton (36%), water, potato, tomato, carrot, onion, rapeseed oil, modified starch, pea protein, stabilisers (cellulose, hydroxypropyl methyl cellulose), butter (**milk**), salt, tomato puree, caramelised sugar, garlic, thyme, dried **milk**, roast lamb bone, yeast extract, cornflour, dried mushroom, pepper, ground bay leaf, sugar, carrot juice concentrate, leek juice concentrate, ground clove, rosemary extract.

Warnings:

⚠ May contain soya.

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 with lid off. Always cook from frozen.

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

Product Code 328312
Product Type Small / Twin
Product Name Shepherd's Pie

Weight 400g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	614kj	1228kj
Energy (kcal)	148kcal	295kcal
Fat	9.9g	20g
Saturated	3.8g	7.5g
Monounsaturated	4.0g	8.0g
Polyunsaturated	1.0g	2.0g
Carbohydrate	6.2g	12g
of which sugars	1.1g	2.3g
Fibre	1.3g	2.6g
Protein	7.7g	15g
Sodium	259mg	519mg
Salt equivalent	0.65g	1.3g
Potassium	255mg	510mg

Ingredient Declaration

mutton (36%), water, potato, tomato, carrot, onion, rapeseed oil, modified starch, pea protein, stabilisers (cellulose, hydroxypropyl methyl cellulose), butter (**milk**), salt, tomato puree, caramelised sugar, garlic, thyme, dried **milk**, roast lamb bone, yeast extract, cornflour, dried mushroom, pepper, ground bay leaf, sugar, carrot juice concentrate, leek juice concentrate, ground clove, rosemary extract.

Warnings:

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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)

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