



Product Information Sheet

Product Code 217125

Weight 400g

Product Type Individual

Product Name Level 5 Rich Beef Stew

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	349kj	1396kj
Energy (kcal)	83kcal	333kcal
Fat	3.6g	14g
Saturated	1.1g	4.5g
Monounsaturated	1.8g	7.2g
Polyunsaturated	0.5g	1.9g
Carbohydrate	6.0g	24g
of which sugars	1.5g	6.0g
Fibre	1.8g	7.0g
Protein	5.9g	24g
Sodium	149mg	595mg
Salt equivalent	0.37g	1.5g
Potassium	249mg	995mg

Ingredient Declaration

beef (22%), water, potato, broccoli, cauliflower, carrot, onion, swede, modified starch, rapeseed oil, stabiliser (methyl cellulose), caramelised sugar, salt, tomato puree, yeast extract, cornflour, flavouring, burnt sugar powder, natural flavouring, sugar, pepper, onion powder, beef extract, black pepper, onion oil.

Warnings:

⚠ 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 before serving. Once cooked do not reheat. Stir before serving.

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

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