



Product Information Sheet

Product Code 217344

Weight 410g

Product Type Individual

Product Name Level 6 Beef Hotpot

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	535kj	2192kj
Energy (kcal)	128kcal	525kcal
Fat	7.5g	31g
Saturated	2.5g	10g
Monounsaturated	3.5g	14g
Polyunsaturated	1.1g	4.7g
Carbohydrate	7.9g	32g
of which sugars	2.1g	8.5g
Fibre	0.9g	3.6g
Protein	6.7g	27g
Sodium	189mg	775mg
Salt equivalent	0.47g	1.9g
Potassium	274mg	1124mg

Ingredient Declaration

water, potato, beef (20%), spinach, onion, mature Cheddar cheese (**milk**), rapeseed oil, dried **milk**, modified starch, cream (**milk**), garlic, yeast extract, tomato puree, salt, cornflour, parsley, thyme, caramelised sugar, stabiliser (cellulose), onion powder, sugar, beef stock, spirit vinegar, cane molasses, starch, ground nutmeg, pepper, **mustard** powder, ground bay leaf, tamarind paste, dextrose, ground cayenne, garlic powder, ground clove.

Warnings:

⚠ Prepared to meet level 6 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 spinach before serving.

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

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