



Product Information Sheet

Product Code 217022

Weight 275g

Product Type Individual

Product Name Level 4 Purée Petite Beef Chilli

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	756kj	2079kj
Energy (kcal)	182kcal	500kcal
Fat	13g	35g
Saturated	1.9g	5.1g
Monounsaturated	7.0g	19g
Polyunsaturated	4.0g	11g
Carbohydrate	8.1g	22g
of which sugars	1.8g	5.0g
Fibre	2.7g	7.5g
Protein	7.3g	20g
Sodium	257mg	708mg
Salt equivalent	0.64g	1.8g
Potassium	157mg	432mg

Ingredient Declaration

water, peas (15%), rapeseed oil, beef stock, beef (7%), tomato, rice (3.5%), **SOYA** protein, tomato puree, kidney beans, **WHEAT** protein, thickeners (methyl cellulose, xanthan gum, guar gum), emulsifier (**SOYA** lecithin), maltodextrin, butter (**MILK**), pea starch, salt, natural flavourings, maize starch, carrot juice, garlic, onion powder, sugar, cumin, caramelised sugar, red chillies, spirit vinegar, **BARLEY** malt extract, smoked paprika, concentrated lime juice, coriander, concentrated onion juice, sunflower oil, yeast extract, 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)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF POWER.

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

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