



Product Information Sheet

Product Code 217348

Weight 430g

Product Type Individual

Product Name Level 6 Shepherds Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	413kj	1775kj
Energy (kcal)	99kcal	426kcal
Fat	5.7g	24g
Saturated	2.1g	9.2g
Monounsaturated	2.3g	9.7g
Polyunsaturated	0.6g	2.7g
Carbohydrate	7.2g	31g
of which sugars	1.8g	7.8g
Fibre	1.6g	6.8g
Protein	4.1g	17g
Sodium	160mg	679mg
Salt equivalent	0.40g	1.7g
Potassium	218mg	937mg

Ingredient Declaration

water, potato, mutton (18%), carrot, swede, parsnip, celeriac (**celery**), onion, vegetable oils (rapeseed, sunflower), cornflour, butter (**milk**), tomato puree, stabilisers (cellulose, hydroxypropyl methyl cellulose), salt, garlic, thyme, caramelised sugar, dried **milk**, roast lamb bone, rosemary, spirit vinegar, yeast extract, cane molasses, paprika, pepper, ground bay leaf, tamarind paste, onion powder, ground cayenne, carrot juice concentrate, leek juice concentrate, sugar, garlic powder, ground clove, rosemary extract.

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)

Cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Once cooked do not reheat.

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

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