



Product Information Sheet

Product Code 227314

Product Type Individual

Product Name Level 4 Purée Shepherd's Pie

Weight 300g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	776kj	2328kj
Energy (kcal)	187kcal	560kcal
Fat	14g	41g
Saturated	2.7g	8.2g
Monounsaturated	7.1g	21g
Polyunsaturated	3.6g	11g
Carbohydrate	8.0g	24g
of which sugars	2.8g	8.4g
Fibre	2.2g	6.7g
Protein	7.0g	21g
Sodium	233mg	699mg
Salt equivalent	0.58g	1.7g
Potassium	213mg	640mg

Ingredient Declaration

water, lamb (18%), carrot juice, carrot (9%), rapeseed oil, swede (6%), dried potato, pea protein, lamb fat, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), thickeners (methyl cellulose, guar gum, xanthan gum), pea starch, sugar, tomato puree, natural flavourings, lemon juice, onion powder, rice protein, yeast extract, maize starch, salt, caramelised sugar, pea fibres, garlic, concentrated onion juice, sunflower oil, iodised salt, savory, pepper, thyme, rosemary, turmeric, nutmeg.

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. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF power.

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