



Product Information Sheet

Product Code

227308

Product Type

Individual

Product Name

Level 4 Purée Steak & Mushroom Casserole

Weight

340g

Nutrition (as consumed)

| | Quantity Units (per 100g) | Quantity Units (per portion) |
|-----------------|---------------------------|------------------------------|
| Energy (kj) | 700kj | 2379kj |
| Energy (kcal) | 168kcal | 572kcal |
| Fat | 12g | 40g |
| Saturated | 1.6g | 5.3g |
| Monounsaturated | 6.6g | 22g |
| Polyunsaturated | 3.7g | 13g |
| Carbohydrate | 8.4g | 29g |
| of which sugars | 2.6g | 8.9g |
| Fibre | 2.3g | 7.9g |
| Protein | 6.2g | 21g |
| Sodium | 201mg | 682mg |
| Salt equivalent | 0.50g | 1.7g |
| Potassium | 237mg | 805mg |

Ingredient Declaration

beef stock, beef (13%), water, carrot juice, rapeseed oil, mushroom (9%), carrot (7%), swede (4.5%), dried potato, pea protein, pea starch, onion, sugar, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), thickeners (methyl cellulose, xanthan gum, guar gum), maize starch, caramelised sugar, tomato puree, porcini mushroom powder, lemon juice, natural flavourings, rice protein, citrus fibres, onion powder, salt, yeast extract, pea fibres, concentrated onion juice, sunflower oil, garlic, sage, pepper, 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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