



Product Information Sheet

Product Code

324112

Product Type

Large / Multi-Portion

Product Name

Minced Beef Hotpot

Weight

1410g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	463kJ	1088kJ
Energy (kcal)	110kcal	259kcal
Fat	4.3g	10g
Saturated	2.0g	4.6g
Monounsaturated	1.7g	4.1g
Polyunsaturated	0.4g	1.0g
Carbohydrate	10g	24g
of which sugars	2.3g	5.4g
Fibre	0.8g	1.8g
Protein	7.3g	17g
Sodium	254mg	597mg
Salt equivalent	0.64g	1.5g
Potassium	303mg	712mg

Ingredient Declaration

beef (31%), potato, water, onion, carrot, cornflour, vegetable oils (palm, sunflower), spirit vinegar, caramelised sugar, garlic, natural flavourings, salt, cane molasses, dextrose, yeast extract, onion powder, concentrated carrot juice, thyme, sugar, pepper, concentrated onion juice, tamarind paste, dark brown sugar, dried onion, tomato concentrate, ground cayenne, beef extract, garlic powder, ground clove.

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	
		Garlic		Garlic	
Healthier Choice	✓	Lupin	✓	Gluten	✓
Vegan		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft				Mollusc	
Reduced Sugars		Mollusc	✓	Mushroom	
Low Sugars		Mushroom	✓	Mustard	
2 of 5 a Day		Mustard	✓	Nuts	
3 of 5 a Day		Nuts	✓	Onion	
Reducing		Onion		Peanuts	
High Protein		Peanut	✓	Soya	
Easy Chew	✓	Sesame	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Soya	✓	Tomato	
SourceFibre		Tomato		Yeast	
SourceOfProtein		Yeast			
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Cook from frozen. Lid off.

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

Product Code

328112

Product Type

Small / Twin

Product Name

Minced Beef Hotpot

Weight

470g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	463kJ	1088kJ
Energy (kcal)	110kcal	259kcal
Fat	4.3g	10g
Saturated	2.0g	4.6g
Monounsaturated	1.7g	4.1g
Polyunsaturated	0.4g	1.0g
Carbohydrate	10g	24g
of which sugars	2.3g	5.4g
Fibre	0.8g	1.8g
Protein	7.3g	17g
Sodium	254mg	597mg
Salt equivalent	0.64g	1.5g
Potassium	303mg	712mg

Ingredient Declaration

beef (31%), potato, water, onion, carrot, cornflour, vegetable oils (palm, sunflower), spirit vinegar, caramelised sugar, garlic, natural flavourings, salt, cane molasses, dextrose, yeast extract, onion powder, concentrated carrot juice, sugar, thyme, pepper, concentrated onion juice, tamarind paste, dark brown sugar, dried onion, tomato concentrate, ground cayenne, beef extract, garlic powder, ground clove.

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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	
		Garlic		Garlic	
Healthier Choice	✓	Lupin	✓	Gluten	✓
Vegan		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft				Mollusc	
Reduced Sugars		Mollusc	✓	Mushroom	
Low Sugars		Mushroom	✓	Mustard	
2 of 5 a Day		Mustard	✓	Nuts	
3 of 5 a Day		Nuts	✓	Onion	
Reducing		Onion		Peanuts	
High Protein		Peanut	✓	Soya	
Easy Chew	✓	Sesame	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Soya	✓	Tomato	
SourceFibre		Tomato		Yeast	
SourceOfProtein		Yeast			
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

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