



Cottage Beef Pie

Prime minced beef simmered in gravy, topped with pastry, served with potato mash, peas and carrots



Ingredients

Cottage Beef Pie Mixture (43%) [Beef Mince (18%), Onion, Milk, Peas, Tapioca, Potato, Worcestershire Sauce, Tomato Sauce, Salt, Pepper, Curry Powder {Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli}], Pastry, Potatoes, Peas, Carrots. CONTAINS GLUTEN AND DAIRY

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1568kj (376Cal)	392kJ (94Cal)
Protein:	32.8g	8.2g
Fat, Total:	10.8g	2.7g
--Saturated:	4g	1g
Carbohydrates:	32g	8g
--Sugars:	9.2g	2.3g
Dietary Fibre:	8.8g	2.2g
Folate:	112ug (56% RDI)	28ug
Sodium:	208mg	52mg
Potassium:	1000mg	250mg
Phosphorus:	329mg (33% RDI)	82mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.