



Shepherds Pie

Prime minced beef flavoured with tomato, creamy potato mash, beans and sweet potato.



Ingredients

Beef (26%), Potato (26%), Beans, Sweet Potato, Onion, Zucchini, Tomato, Peas, Carrots, Tomato Paste, Tapioca, Oil, Salt, Basil, Milk, Oregano, Pepper. CONTAINS: MILK PRODUCTS.

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1398kj (335Cal)	368kJ (88Cal)
Protein:	33.4g	8.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.7g	2.3g
--Saturated:	4.2g	1.1g
Carbohydrates:	27g	7.1g
--Sugars:	7.6g	2g
Dietary Fibre:	6.1g	1.6g
Folate:	90.8ug (45% RDI)	23.9ug
Sodium:	543mg	143mg
Potassium:	1034mg	272mg
Phosphorus:	316mg (32% RDI)	83mg

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.