

Beef Casserole

Ready Meal



| Nutritional Values | Per 100g | Per Pouch 300g |
|------------------------|----------|----------------|
| Energy Kj | 251.0 | 753.0 |
| Energy Kcal | 59.0 | 177.0 |
| Protein (g) | 7.8 | 23.4 |
| Carbohydrate (g) | 4.7 | 14.1 |
| of which sugar (g) | 3.3 | 9.9 |
| Fat (g) | 1.0 | 3.0 |
| of which saturated (g) | 0.5 | 1.5 |
| Fibre (g) | 2.4 | 7.2 |
| Sodium (g) | 0.1 | 0.3 |
| Equivalent in salt (g) | 0.3 | 0.9 |

Vegetarian



Vegan



Allergens

gluten, milk

Ingredients

beef (30%), potato (28%), carrot (20%), onion, black velvet ale (5%), gluten free flour, tomato puree, butter, black treacle, beef stock, sugar, vegetable stock, sea salt, black pepper, thyme

Produced in a nut free factory