



## Shepherd's Pie

Prime minced beef flavoured with tomato, creamy potato mash, beans and sweet potato. Lean minced beef is an excellent source of iron.



### Ingredients

Shepherd's Pie (47%) (Minced Beef (18%), Onions, Zucchini, Tomatoes, Peas, Carrots, Tomato Paste (Concentrated Tomato, Salt), Oil, Salt, Tapioca, Canola Oil, Basil, Oregano, Pepper), Potato Mash (Potatoes, Skim Milk, Tapioca, Salt, Pepper), Beans, Sweet Potato.

**CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1117kJ (268Cal)	294kJ (71Cal)
Protein:	25.1g	6.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.6g	1.2g
--Saturated:	2.3g	0.6g
Carbohydrates:	27.4g	7.2g
--Sugars:	9.1g	2.4g
Dietary Fibre:	6.8g	1.8g
Folate:	95.8ug (21% RDI)	25.2ug
Sodium:	300mg	79mg
Potassium:	1098mg	289mg
Phosphorus:	263mg (26% RDI)	69mg

### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.