



Shepherds Pie

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



Ingredients

Shepherds Pie (47%) [Minced Beef (18%), Onions, Zucchini, Tomatoes, Peas, Carrots, Tomato Paste [Concentrated Tomato, Salt], Cornflour, Oil, Salt, Basil, Oregano, Pepper], Potato Mash [Potatoes, Skim Milk, Cornflour, Salt, Pepper], Beans, Sweet Potatoes. CONTAINS MILK.

Nutritional Details

	Regular Size 380g Per Serve	
Nutritional Details	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. 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.