

BEEF CASSEROLE

BEEF CASSEROLE Ingredients	
BEEF	
water	
Onions	
Carrots	
Mushrooms	
Tomato	
Gravy, Au Jus, Dry	
Vegetable Stock	
Beef Stock	
Salt	
Thyme	
Parsley	
BEEF water, Onions, Carrots, Onions, Mushrooms, Tomato Paste(Tomatoes, Salt), Gravy, Au Jus, Dry, Vegetable Stock(Salt, Palm Oil, Flavour Enhancers: Monosodium Glutamate, Disodium Inosinate, Disodium Guanylate, Flavourings, Potato Starch, Yeast Extract, Dehydrated Vegetables (onion, garlic), Colour: plain caramel, herb and spice extract, herbs), Beef Stock(Salt, Palm Oil, Flavour Enhancers: Monosodium Glutamate, Disodium Inosinate, Disodium Guanylate, Flavourings, Potato Starch, Yeast Extract, Dehydrated Beef, Dehydrated Vegetables (onion, garlic,carrot,CELERY), Colour: plain caramel, herb and spice extract, herbs), Salt, Thyme, Parsley.	

Nutrition Information		
Typical Values	per 100g	
Energy kJ		
Energy KCal	48	
Fat	1.23g	
Of which Saturated Fat	0.57g	
Carbohydrates	3.41g	
Of which Sugar		
Fibre		
Protein	5.92g	
Salt	0.69g	

Allergen Details
Fish Present
Celery Present
Milk Present