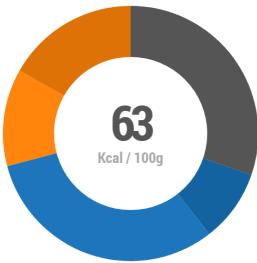


Roast Beef March 2025

By Sinead Bradbury



CALORIES:

40.6% Carbs

30.3% Protein

29.1% Fat

FOOD LABELLING...

EU Label values per 100g Serves 1

|                    | PER 100G | %RI | PER 205G SERVING | %RI |
|--------------------|----------|-----|------------------|-----|
| Energy(Kj)         | 280 kJ   | 3%  | 573 kJ           | 7%  |
| Energy(kcal)       | 67 kcal  | 3%  | 137 kcal         | 7%  |
| Fat                | 2.1 g    | 3%  | 4.2 g            | 6%  |
| of which saturates | 1.2 g    | 6%  | 2.4 g            | 12% |
| Carbohydrate       | 6.4 g    | 2%  | 13 g             | 5%  |
| of which sugars    | 1.5 g    | 2%  | 3 g              | 3%  |
| Fibre              | 1.6 g    | 6%  | 3.2 g            | 13% |
| Protein            | 4.8 g    | 10% | 9.8 g            | 20% |
| Salt               | 0.46 g   | 8%  | 0.93 g           | 16% |

CONTAINS:



NUTRIENT BREAKDOWN PER 100G...

| ENERGY             |         | LIPID COMPONENTS          |          | VITAMINS                                 |          |
|--------------------|---------|---------------------------|----------|------------------------------------------|----------|
| Energy(kcal) 3% RI | 63kcal  | Saturated Fat 6% RI       | 1.2g     | Vitamin A (ret eq) 16% RI                | 124ug    |
| Energy(Kj) 3% RI   | 267kJ   | Monounsaturated fat 0% RI | 0.0345g  | Retinol                                  | 1.4ug    |
|                    |         | cis-Mono                  | -        | Carotene                                 | 0.6829ug |
| MACRONUTRIENTS     |         | Polyunsaturated fat 0% RI | 0.0345g  | Vitamin D 0% RI                          | trace    |
| Carbohydrate 2% RI | 6.4g    | Omega3(n-3)               | 0g       | Vitamin E 0% RI                          | 0.0209mg |
| Protein 10% RI     | 4.8g    | Omega6(n-6)               | 0g       | Vitamin K <sub>1</sub>                   | -        |
| Fat 3% RI          | 2.1g    | cis-Poly                  | -        | Thiamin (B <sub>1</sub> ) 8% RI          | 0.0898mg |
| Water              | 84g     | Trans-fatty acids         | trace    | Riboflavin (B <sub>2</sub> ) 3% RI       | 0.0401mg |
| Water from Drinks  | 0g      | Cholesterol               | 0.3415mg | Niacin total (B <sub>3</sub> ) 4% RI     | 0.6845mg |
| Alcohol (0% ABV)   | 0g      |                           |          | Niacin 2% RI                             | 0.3811mg |
| CARBOHYDRATE       |         | MINERALS & TRACE ELEMENTS |          | Tryptophan                               | 18.6mg   |
| Starch             | 5g      | Sodium 8% RI              | 182mg    | Pantothenic Acid (B <sub>5</sub> ) 2% RI | 0.1267mg |
| Oligosaccharide    | trace   | Potassium 6% RI           | 127mg    | Vitamin B <sub>6</sub> 9% RI             | 0.1313mg |
| Fibre 6% RI        | 1.6g    | Chloride 34% RI           | 276mg    | Folates (B <sub>9</sub> ) Total 4% RI    | 7.9ug    |
| NSP                | 1.2g    | Calcium 2% RI             | 18.6mg   | Vitamin B <sub>12</sub> 1% RI            | 0.024ug  |
| Sugars 2% RI       | 1.5g    | Phosphorus 4% RI          | 31.4mg   | Biotin (B <sub>7</sub> ) 0% RI           | 0.2053ug |
| Glucose            | 0.1172g | Magnesium 3% RI           | 9.5mg    | Vitamin C 7% RI                          | 5.6mg    |
| Galactose          | 0g      | Iron 3% RI                | 0.3532mg |                                          |          |
| Fructose           | 0.1172g | Zinc 2% RI                | 0.2263mg | OTHER                                    |          |
| Sucrose            | 0.8196g | Copper 3% RI              | 0.0278mg | GI (estimated)                           | 64       |
|                    |         | Manganese 4% RI           | 0.088mg  |                                          |          |
|                    |         | Selenium 1% RI            | 0.3419ug |                                          |          |

Maltose  
Lactose

0g  
0g

Iodine 1% RI

1.7ug

GL  
Caffeine

4.4  
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Roast Beef Actual..  
BEEF

U

30g

unchanged

Mashed Potato Actual..  
POTATOES 1% FAT MILK

U

70g

0.78 x 1 Scoop

unchanged

Mixed Veg Actual..  
VEGETABLES WATER

U

60g

0.37 x 1 cup

unchanged

Gravy Actual March '25..  
GRAVY

U

15g

1 x tablespoon

unchanged

Mashed Carrots & Parsnip..  
CARROTS PARSNIP

U

30g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 205g / 137kcal

# 1.0

INGREDIENT LIST (QUID) ...

Potatoes 1% Fat **Milk** (34.1%) [Potato (89%), **Milk**, Butter (**Milk**), Salt, White Pepper], Vegetables Water (29.3%), Beef (14.6%) [100% Irish Beef, Water, Salt, Dried Glucose Syrup, Emulsifier (E451), Yeast Extract, Made With 105g Raw Beef Per 100g Finished Product], Carrots Parsnip (14.6%) [Carrots (59%), Parsnip (39%), Butter (**Milk**), Salt], Gravy (7.3%) [GRAVYmaltodextrin, Potato Starch, Sugar, Salt, Flavourings, Yeast Extract, Onion Powder, Tomato Puree Powder, Caramel Syrup, Palm Fat, Thickener(Guar Gum), BOUILLON Beef Lard, Paprika, Parsnip, Tomato, Colour(Caramel), Carrot, Rosemary, Bay Leaf, Pepper, Mushroom, Allspice, Coriander, Turmeric, Fennel, Fenugreek Seed, Cumin, Ginger, Cinnamon, Chilli]

**ALLERGY ADVICE:** For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

15g Gravy (1 x tablespoon)

30g Carrots parsnip ()

70g Potatoes 1% fat milk (0.78 x 1 Scoop)

60g Vegetables water (0.37 x 1 cup)

30g Beef ()

METHOD

No Cooking Instructions