

Fat **5% RI**
 Water
 Water from Drinks
 Alcohol (0% ABV)

3.6g
 80g
 0g
 0g

CARBOHYDRATE

Starch
 Oligosaccharide
 Fibre **3% RI**
 NSP
 Sugars **1% RI**
 Glucose
 Galactose
 Fructose
 Sucrose
 Maltose
 Lactose

5.7g
 -
 0.8248g
 0.6161g
 0.8766g
 0.1193g
 -
 0.1193g
 0.1193g
 -
 -

Trans-fatty acids
 Cholesterol

0.0775g
 12mg

MINERALS & TRACE ELEMENTS

Sodium **10% RI**
 Potassium **11% RI**
 Chloride **46% RI**
 Calcium **2% RI**
 Phosphorus **11% RI**
 Magnesium **3% RI**
 Iron **5% RI**
 Zinc **16% RI**
 Copper **5% RI**
 Manganese **3% RI**
 Selenium **5% RI**
 Iodine **4% RI**

246mg
 211mg
 370mg
 16.2mg
 78mg
 12.8mg
 0.662mg
 1.6mg
 0.054mg
 0.0502mg
 2.8mg
 5.6ug

Thiamin (B₁) **8% RI** 0.0884mg
 Riboflavin (B₂) **4% RI** 0.0519mg
 Niacin total (B₃) **21% RI** 3.3mg
 Niacin **12% RI** 1.8mg
 Tryptophan **90mg**
 Pantothenic Acid (B₅) **5% RI** 0.2925mg
 Vitamin B₆ **16% RI** 0.2304mg
 Folate (B₉) Total **6% RI** 12.3ug
 Vitamin B₁₂ **20% RI** 0.5053ug
 Biotin (B₇) **1% RI** 0.6ug
 Vitamin C **3% RI** 2.1mg

OTHER

GI (estimated) 60
 GL 3.9
 Caffeine -

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Mashed Potato Actual..

POTATOES 1% FAT MILK

U

88g

0.98 x 1 Scoop

unchanged

Cottage Pie Mix (actual)..

COTTAGE PIE

U

130g

N/A

PORTIONS / PACK SIZES ...

1 Serving



218g / 201kcal

INGREDIENT LIST (QUID) ...

Cottage Pie (59.6%) [Minced Beef(20%), Onion, Swede, Carrot, Garlic Gravy [Maltodextrin, Potato Starch, Sugar, Salt, Flavoursings, Yeast Extract, Onion Powder, Tomato Puree Powder, Caramel Syrup, Palm Fat, Thickenner(Guar Gum)] 1% Bouillon [Beef Lard, Paprika, Parsnip, Tomato, Colour(Caramel), Carrot, Rosemary, Bay Leaf, Pepper, Mushroom, Allspice, Coriander, Turmeric, Fennel, Fenugreek Seed, Cumin, Ginger, Cinnamon, Chilli]], Potatoes 1% Fat Milk (40.4%) [Potato (89%), Milk, Butter (Milk), Salt, White Pepper]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

130g Cottage pie

88g Potatoes 1% fat milk (0.98 x 1 Scoop)