2026 L4 Shepherd's Pie

Nutrition Information

Serving size: **200g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	266kcal	133kcal
Protein	14.0g	7.0g
Total Fat	5.0g	2.5g
Saturated Fat	1.6g	0.8g
Trans Fat	0.0g	0.0g
Cholesterol	56mg	28mg
Carbohydrate	23.5g	11.7g
Total Sugar	0.8g	0.4g
Dietary Fibre	1.4g	0.7g
Sodium	553mg	276mg

2026 L5 Shepherd's Pie

Nutrition Information

Serving size: **200g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	181kcal	90kcal
Protein	13.9g	6.9g
Total Fat	3.8g	1.9g
Saturated Fat	1.2g	0.6g
Trans Fat	0.0g	0.0g
Cholesterol	50mg	25mg
Carbohydrate	20.6g	10.3g
Total Sugar	1.8g	0.9g
Dietary Fibre	2.1g	1.0g
Sodium	407mg	204mg