

L4 Shepherd's Pie

Nutrition Information

Serving size: **230g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	250kcal	109kcal
Protein	15.3g	6.6g
Total Fat	10.0g	4.4g
Saturated Fat	2.8g	1.2g
Trans Fat	0.0g	0.0g
Cholesterol	50mg	22mg
Carbohydrate	23.5g	10.2g
Total Sugar	<1g	<1g
Dietary Fibre	0.9g	0.4g
Sodium	335mg	145mg

L5 & L6 Shepherd's Pie

Nutrition Information

Serving size: **200g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	164kcal	82kcal
Protein	14.2g	7.1g
Total Fat	4.0g	2.0g
Saturated Fat	1.2g	<1g
Trans Fat	0.0g	0.0g
Cholesterol	53mg	26mg
Carbohydrate	16.0g	8.0g
Total Sugar	1.9g	<1g
Dietary Fibre	1.7g	0.9g
Sodium	277mg	139mg