

Nutrition






	per 100g	per 380g
Energy	657kJ/158kcal	2496kJ/600kcal
Fat	11.2g	42.6g
of which Saturates	4.5g	17.2g
Carbohydrate	8.4g	31.9g
of which Sugars	1.9g	7.4g
Fibre	0.8g	3.1g
Protein	5.4g	20.6g
Salt	0.53g	2.00g



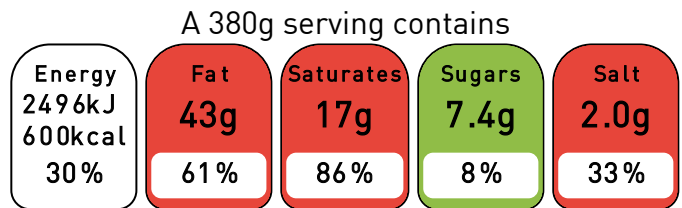
Ingredient Declaration

Water, Scrambled **Egg** (19%) (Pasteurised Whole **#Egg#**, Water, Rapeseed Oil, Skimmed **#Milk#** Powder, Cornflour, Salt, White Pepper, Acidity Regulator: E330; E270, Thickener: E415), Baked Beans (13%) (Haricot Beans, Tomato, Water, Sugar, Glucose-Fructose Syrup, Thickener: Modified Maize Starch, Salt, Onion Powder, Ground Paprika, Flavoursings), Beef (10%), Double Cream (10%) (**#Milk#**), Tomato Paste, Sage And Onion Stuffing (Breadcrumbs (**Wheat** Flour (**#Wheat#**) Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, Salt, Rapeseed Oil, Flavouring, Parsley, Sage), Onion, Vegetable Oil Spread (Rapeseed Oil, Hydrogenated Rapeseed Oil, Salt, Emulsifier: E322, Flavouring, Colour: E160a), Béchamel Powder (Whey Powder (**#Milk#**), Skimmed **#Milk#** Powder, Vegetable Oils (Palm, Fully Hydrogenated Coconut), Thickener: Modified Starch, Salt, Firming Agents: E339ii; E450iii; E516, Gelling Agent: E401, Sugar, Spices, Colour: E160a), Potato Flake Mix (Potato Flakes, Fat Powder (Palm Oil, **#Milk#** Protein, Glucose Syrup), Palm Oil, **#Milk#** Protein Powder, Dried **#Egg#** White, Salt, Flavour (Whey Powder (**#Milk#**), Dried Butter (**#Milk#**), Maltodextrin, Salt, Thickener: E412, Turmeric), Rapeseed Oil, **#Soya#** Protein, Thickener: Modified Maize Starch, Thickener: E461, Whole **#Milk#**, Garlic Puree, Parsley, Black Pepper, Salt, Sugar, White Pepper, Cayenne Pepper

Allergens

- Contains Gluten 
- Contains Wheat 
- Contains Eggs 
- Contains Soybeans 
- Contains Milk 

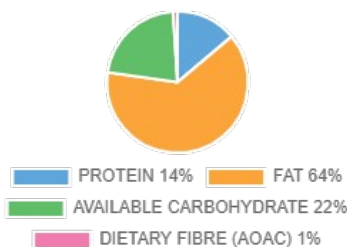
Front of Pack



of an adult's reference intake

Typical values per 100g: 657kJ/158kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	648	8%
Total Fat	g	70.0	11.2	16%
Saturates	g	20.0	4.5	23%
Carbohydrate	g	260.0	8.4	3%
Sugars	g	90.0	1.9	2%
Protein	g	50.0	5.4	11%
Salt	g	6.0	0.53	9%

