



# EVERGREEN Disability Care



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www.evergreendisabilitycare.com

## COTTAGE PIE

**PRICK & MICROWAVE  
FOR 7 MINUTES**



### Ingredients

Meat and Vegetables Base (57%) (Water, Australian Beef (19%), Onion (12%), Carrot (12%), Celery (7%), Peas (5%), Gravy Powder (contains Milk), Textured Vegetable Protein (contains Soy), Canola Oil, Tomato Paste, Corn Flour, Worcestershire Sauce Powder, Vegetable Stock Powder, Burnt Sugar, Pepper, Sage, Rosemary, Parsley, Salt), Potato Mash (40%) (Potato, Thickened Cream (Cream (contains Milk), Thickeners (412, 407)), Butter (contains Milk), Salt, Pepper), Topping (3%) (Cheddar Cheese (contains Milk), Breadcrumb (contains Gluten), Canola Oil)

### Nutrition

Serving Size: 325g

	Quantity per Serving	Quantity per 100g/100mL
Energy	Approx. 1900kJ	Approx. 475kJ
Protein	Approx. 23.2g	Approx. 5.8g
Fat, Total	Approx. 21.2g	Approx. 5.3g
-Saturated	Approx. 10.4g	Approx. 2.6g
Carbohydrate	Approx. 39.2g	Approx. 9.8g
-Sugars	Approx. 8g	Approx. 2g
Dietary Fibre	Approx. 6.8g	Approx. 1.7g
Sodium	Approx. 992mg	Approx. 248mg



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