



# EVERGREEN Disability Care



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## SWEET POTATO COTTAGE PIE

PRICK & MICROWAVE  
FOR 7 MINUTES



### Ingredients

Meat Sauce (63%) [Water, Beef (12%), Onion, Peas, Carrot, Tomato, Thickener (1422), Worcestershire Sauce, Textured Soya Protein, Canola Oil, Tomato Paste, Spices, Salt, Brown Sugar, Garlic, Malt Barley Extract], Sweet Potato Mash (37%) [Sweet Potato (14%), Water, Potato Flake (Potato, Emulsifier (471), Food Acid (330)), Canola Oil, Spices, Salt, Parsley, Colour (160c)]

### Nutrition

Serving Size: 375g

	Quantity per Serving	Quantity per 100g/100mL
Energy	Approx. 1640kJ	Approx. 437kJ
Protein	Approx. 13.1g	Approx. 3.5g
Fat, Total	Approx. 12.8g	Approx. 3.4g
-Saturated	Approx. 5.3g	Approx. 1.4g
Carbohydrate	Approx. 52.5g	Approx. 14g
-Sugars	Approx. 13.1g	Approx. 3.5g
Dietary Fibre	Approx. 6.4g	Approx. 1.7g
Sodium	Approx. 754mg	Approx. 201mg



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