



206685C Lamb & Mint Pasty (Proper Cornish)



Pack Size: 20 X 283G

Details: Minced lamb mixed with fresh potato, onion, and swede, flavoured with mint and encased in a pre-glazed, hand crimped pastry case.

Allergen Information

Contains:

Cereal, Gluten, Milk

Free from:

Celery, Crustaceans, Eggs, Fish, Lupin, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

Handling Information

Directions For Use:

Always cook from frozen.

Oven " Arrange frozen products on a baking tray and place into a pre-heated fan oven at 180 C/Gas mark 6.

Bake for approximately 45-55 minutes until golden brown.

Storage Instructions:

Keep frozen, store at -18 C.

Do not defrost. Always cook before eating.

Use within durability date.

Handle boxes with care.

Product Ingredients

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WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Potato, Lamb (13%), Water, Vegetable Margarine (Vegetable Oils And Fats [Palm], Water, Salt, Lemon Juice), Swede, Onion, White Shortening (Vegetable Oils And Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Mint Sauce (1%) (Water, Reconstituted

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

245 kcal / 1026 kJ

Fat:

13.3 g

of which saturates:

7 g

Carbohydrates:

26.9 g

of which sugars:

1.5 g

Fibre:

1.7 g

Protein:

5.4 g

Salt:

0.94 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.