

BEEF STROGANOFF, MASH AND GREEN BEANS

500 g

MICROWAVE INSTRUCTIONS: If frozen defrost first then heat for 2-6 minutes on high power depending on the size of your dish.

MAKE SURE YOUR DISH IS THOROUGHLY HEATED, HEATING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.

Store in the freezer below -18°C

Store in the refrigerator below 4°C

Ingredients: Beef Stroganoff [Beef, Mushrooms, Onion, Real Beef Stock (beef, water, chicken, carrots, onions, red wine, tomatoes, celery, herbs, spices), Cream, Maize Starch, Paprika, Canola Oil, Salt, Garlic, Black Pepper], Mashed Potatoes [Potato, Mainland Butter, Anchor Cream, Salt.], Green Beans.

Contains: Milk

May Contain: Sesame, Tree Nuts, Soy, Gluten containing cereals, Peanuts

NUTRITION INFORMATION

Servings per package: 1

Serving size: 500 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2350 kJ 563 Cal	471 kJ 113 Cal
Protein	43.9 g	8.8 g
Fat, total	26.5 g	5.3 g
- saturated	14.1 g	2.8 g
Carbohydrate	40.8 g	8.2 g
- sugars	9.4 g	1.9 g
Dietary Fibre	7.1 g	1.4 g
Sodium	791 mg	158 mg

MYLK Food Store
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Made in New Zealand from local ingredients