erudus

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit http://www.erudus.com/terms-and-conditions for full terms and conditions.
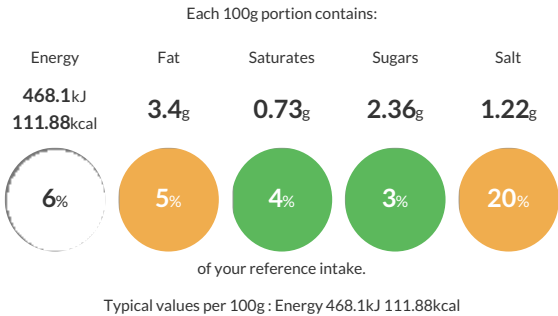
Cooked Beef Flamande, 6x2.1kg

Short Product Name:
Cooked Beef Flamande

Seared blade of beef, with seared sliced onion in an ale gravy. Sous vide cooked and packed into a 2.1kg bag.

Traded Unit GTIN: `5060554910847` Internal GTIN: Supplier : `Cooked Meat Company Ltd` Suppliers Product Code : `CMC634`

Reference Intake

Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt
468.1kJ **111.88**kcal	**3.4**g	**0.73**g	**2.36**g	**1.22**g
6%	**5**%	**4**%	**3**%	**20**%

of your reference intake.

Typical values per 100g : Energy 468.1kJ 111.88kcal

Nutritional Information

Typical Values	Per 100g
Energy	468.1kJ 111.88kCal
Carbohydrates	6.47g
of which sugars	2.36g
Fat	3.4g
of which saturates	0.73g
Fibre	0.32g
Protein	6.53g
Salt	1.22g

Allergy Information

Key: Contains / May Contain

- Contains Cereal/Gluten
- Does Not Contain Milk
- Does Not Contain Eggs
- Does Not Contain Peanuts
- Does Not Contain Nuts
- Does Not Contain Crustaceans
- Contains Mustard
- Does Not Contain Fish
- Does Not Contain Lupin
- Does Not Contain Sesame
- Does Not Contain Celery
- Does Not Contain Soya
- Does Not Contain Molluscs
- Contains Sulphur Dioxide

Allergen Statement
for allergens, see ingredients in **CAPITALS**.

Dietary Information

Key: Suitable for

- May not be suitable for Vegetarian
- May not be suitable for Vegan
- May not be suitable for Kosher
- May not be suitable for Halal
- May not be suitable for Coeliac

Ingredients

Beef (52%), Dark Mild Ale (Water, Malt (**BARLEY**), Glucose Syrup, Hops, Yeast, Caramel (E150c)), Onion, Beef Gravy Mix (Dried Glucose Syrup, Modified Maize Starch, Flavouring, Salt, Colour (Caramel Powder), Yeast Extract, Sugar, Onion Powder, Rapeseed Oil, Natural Flavouring (Salt, Sage Extract)), Tomato Purée, Rapeseed Oil, Yeast Extract (Yeast Extract, Salt, Rapeseed Oil), Water, Dark Brown Sugar, Dijon Mustard (Water, **MUSTARD** Seed (30%), Spirit Vinegar, Salt, Acidity Regulator (Citric Acid), Preservative (Sodium Metabisulphite (**SULPHITES**))), White Wine Vinegar Preservative (Sulphur Dioxide (**SULPHITES**)), Colour (Ammonia Caramel), Ground Ginger, Salt, Thyme, Pepper