

Shepherd's Pie

Gluten-free, Casein-free (No milk, No dairy)

Nutrition Facts

Serv. Size 14 oz (397g)

Servings 1

Calories 380

Calories from Fat 140

* Percent Daily Values are based on a 2,000 calorie diet.

Amount / serving	%Daily Value*	Amount / serving	%Daily Value*
Total Fat 16g	25%	Total Carb 42g	14%
Saturated Fat 4g	20%	Dietary Fiber 5g	20%
Trans Fat 0g		Sugars 8g	
Cholesterol 40mg	13%	Protein 16g	
Sodium 700mg	29%		
Vitamin A 70% • Vitamin C 45% • Calcium 4% • Iron 15%			

****NON-DAIRY** is**
Egg Free, Milk Free, Soy Free

Made in Ellicott City, MD
BPA Free Container
Made in the USA



www.onedishcuisine.com

INGREDIENTS: CHICKEN STOCK (ORGANIC CHICKEN STOCK, ORGANIC VEGETABLE BROTH [ORGANIC CARROTS, ORGANIC CELERY ROOT, ORGANIC ONION JUICE CONCENTRATES]), SEA SALT, NATURAL FLAVOR, ORGANIC TURMERIC CONCENTRATE, ORGANIC GROUND BAY LEAVES, ORGANIC PEPPER EXTRACT), ORGANIC CARROTS, ORGANIC CORN, ORGANIC GREEN PEAS, GROUND BEEF, ONION, OLIVE OIL, RICE FLOUR, APPLE CIDER VINEGAR, BEEF BROTH (WATER, BEEF STOCK POWDER, BEEF EXTRACT, ANTOLYZED YEAST EXTRACT, SEA SALT, GARLIC POWDER), BALSAMIC VINEGAR, UNSULFURED MOLASSES, WATER, GARLIC, DRY MUSTARD, ONION POWDER, SPICES, GARLIC, SEA SALT, ROSEMARY, BLACK PEPPER, POTATOES, RICE MILK (FILTERED WATER, BROWN RICE [PARTIALLY MILLED]), GUM ARABIC, EXPELLER PRESSED HIGH OLEIC SAFFLOWER OIL, TRICALCIUM PHOSPHATE, COROWISE™ PLANT STEROL ESTERS, SEA SALT, VITAMIN A, VITAMIN D2, VITAMIN B12, EXPELLER-PRESSED OIL BLEND, PALM AND CANOLA OIL, SAFFLOWER AND OLIVE OIL, WATER, CONTAINS LESS THAN 2% SALT, SUNFLOWER LECITHIN, ISOLATED PEA PRODUCT, NATURAL FLAVOR (DERIVED FROM CORN NO MSG, NO ALCOHOL, NO GLUTEN) LACTIC ACID (**NON-DAIRY** SOURCE), ANNATTO FOR COLOR, SEA SALT.

— Distributed by: **One Dish Cuisine**, 8001 Hillsborough (Taylor Village Center) Ellicott City, MD 21043 —

Cooking Instructions: Keep frozen until ready to serve. ***Remove all plastic wrap and lid before cooking***

Conventional Oven: Place entree on a cookie sheet in preheated 350° oven, cook for 30-40 minutes or until internal temperature reaches 165°. **Microwave:** Cover, heat on high 5-6 min, or until internal temperature reaches 165°.

Use By:

Batch No :