



BOSCASTLE
HAND MADE PASTRIES

Nutritional Analysis of Boscastle Products

Beef Products

| Analysis | Unit | Aussie | Beef Burgundy | Beef Guinness | Beef Mushroom | Beef Shepherds | Black Angus | Madras Curry Beef |
|--------------------|---------|--------|---------------|---------------|---------------|----------------|-------------|-------------------|
| Energy | kJ/100g | 919 | 834.0 | 876 | 864 | 679 | 834 | 969 |
| Protein | g/100g | 9.7 | 10.4 | 9.9 | 11.2 | 9.4 | 13.6 | 12.6 |
| (N X6 .25) | | | | | | | | |
| Fat Total | g/100g | 13.9 | 8.9 | 10.7 | 9.6 | 7 | 8.4 | 11.9 |
| Saturated | g/100g | 7.8 | 4.8 | 5 | 5.1 | 3.6 | 5.8 | 5.3 |
| Carbohydrate total | g/100g | 14.1 | 19.3 | 17.7 | 18.7 | 14.5 | 16.6 | 17.6 |
| Sugars | g/100g | 1.0 | 1.3 | 3.9 | 1.2 | 1.5 | 2.3 | 2.7 |
| Sodium | mg/100g | 270 | 250 | 340 | 270 | 390 | 350 | 310 |

Lamb, Chicken & Vegetarian Products

| Analysis | Unit | Lamb & Vegetable | Moroccan Lamb | Thai Chicken | Chicken Mush | Chicken Swiss | Corn Cheese Asparagus | Korma Vegetable |
|--------------------|---------|------------------|---------------|--------------|--------------|---------------|-----------------------|-----------------|
| Energy | kJ/100g | 931 | 1020 | 943 | 877 | 1060 | 843 | 751 |
| Protein | g/100g | 10.1 | 12 | 10.2 | 10.3 | 11 | 5.5 | 3.7 |
| (N X 6.25) | | | | | | | | |
| Fat Total | g/100g | 12.2 | 12.5 | 11.7 | 10.2 | 16.1 | 10.1 | 8.5 |
| Saturated | g/100g | 5.6 | 5.8 | 5.8 | 5.5 | 7.8 | 5.5 | 4.8 |
| Carbohydrate total | g/100g | 17.4 | 20.1 | 19.8 | 19.1 | 15.2 | 22.1 | 20.9 |
| Sugars | mg/100g | 2.7 | 2.9 | 1.6 | 2.0 | 2.8 | 3.3 | 4 |
| Sodium | mg/100g | 310 | 290 | 250 | 280 | 310 | 210 | 310 |

Pasties & Rolls

| Analysis | Unit | Vegetable Pastie | Cornish Pastie | Beef Roll | Spinach Roll | Tandoori Chicken Roll |
|--------------------|---------|------------------|----------------|-----------|--------------|-----------------------|
| Energy | kJ/100g | 783 | 881 | 1060 | 1140 | 1200 |
| Protein | g/100g | 4.5 | 6.7 | 10.5 | 8 | 13.5 |
| (N X 6.25) | | | | | | |
| Fat Total | g/100g | 9 | 11.6 | 12.4 | 14.8 | 14.2 |
| Saturated | g/100g | 4.5 | 5.9 | 2.3 | 7.6 | 8.2 |
| Carbohydrate total | g/100g | 20.9 | 19 | 24.1 | 25.7 | 25.4 |
| Sugars | mg/100g | 1.9 | 1.5 | 3.1 | 3 | 2.6 |
| Sodium | mg/100g | 400 | 360 | 400 | 380 | 610 |

Frittata & Quiche

| Analysis | Unit | Sweet Potato | Spinach & Feta | Ricotta & Vegetable | Quiche Lorraine | Spinach & Mushroom Quiche | Sweet Potato Quiche |
|--------------------|---------|--------------|----------------|---------------------|-----------------|---------------------------|---------------------|
| Energy | kJ/100g | 527 | 777 | 479 | 1097 | 887 | 890 |
| Protein | g/100g | 8.7 | 12.4 | 7 | 11.3 | 9.5 | 7.8 |
| (N X 6.25) | | | | | | | |
| Fat Total | g/100g | 7.4 | 12.5 | 5.7 | 16.7 | 11.8 | 11.3 |
| Saturated | g/100g | 4.1 | 7.5 | 3.8 | 8.2 | 6.6 | 6.2 |
| Carbohydrate total | g/100g | 5.4 | 4.8 | 7.8 | 16.9 | 17 | 20 |
| Sugars | mg/100g | 2.9 | <1 | 2.9 | 1.7 | 2.9 | 3.8 |
| Sodium | mg/100g | 150 | 320 | 220 | 510 | 480 | 350 |