



**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<br>(N X 6.25) | g/100g  | 9.7    | 10.4          | 9.9           | 11.2          | 9.4            | 13.6        | 12.6              |
| 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<br>(N X 6.25) | g/100g  | 10.1             | 12            | 10.2         | 10.3         | 11            | 5.5                   | 3.7             |
| Fat Total             | g/100g  | 12.2             | 12.5          | 11.7         | 10.2         | 16.1          | 10.1                  | 8.5             |
| Saturated             | g/100g  | 5.6              | 5.5           | 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, Involtni's

| Analysis              | Unit    | Vegetable Pastie | Cornish Pastie | Beef Roll | Spinach Roll | Tandoori Chicken Roll | Spinach Involtni | Ricotta Vegetable Involtni | Egg & Bacon Pie |
|-----------------------|---------|------------------|----------------|-----------|--------------|-----------------------|------------------|----------------------------|-----------------|
| Energy                | kJ/100g | 783              | 881            | 1060      | 1140         |                       | 785              | 854                        | 1130            |
| Protein<br>(N X 6.25) | g/100g  | 4.5              | 6.7            | 10.5      | 8            |                       | 8.9              | 6.7                        | 13.3            |
| Fat Total             | g/100g  | 9                | 11.6           | 12.4      | 14.8         |                       | 9.6              | 8.4                        | 15.2            |
| Saturated             | g/100g  | 4.5              | 5.9            | 2.3       | 7.6          |                       | 4.7              | 3.9                        | 7.9             |
| Carbohydrate total    | g/100g  | 20.9             | 19             | 24.1      | 25.7         |                       | 23.6             | 24                         | 19.2            |
| Sugars                | mg/100g | 1.9              | 1.5            | 3.1       | 3            |                       | 4.4              | 5.5                        | 4.7             |
| Sodium                | mg/100g | 400              | 360            | 400       | 380          |                       | 360              | 380                        | 460             |

### Frittata

| Analysis              | Unit    | Sweet Potato | Spinach & Feta | Ricotta & Vegetable |
|-----------------------|---------|--------------|----------------|---------------------|
| Energy                | kJ/100g | 527          | 777            | 741                 |
| Protein<br>(N X 6.25) | g/100g  | 8.7          | 12.4           | 10                  |
| Fat Total             | g/100g  | 7.4          | 12.5           | 7.2                 |
| Saturated             | g/100g  | 4.1          | 7.5            | 3.1                 |
| Carbohydrate total    | g/100g  | 5.4          | 4.8            | 16.9                |
| Sugars                | mg/100g | 2.9          | <1             | 2.4                 |
| Sodium                | mg/100g | 150          | 320            | 240                 |