



1
Serve

Jackson's Beef Pudding

HANDMADE IN LANCASHIRE



Serving suggestion

COOKING INSTRUCTIONS



OVEN BAKE

LOREM IPSUM DOLOR SIT
AMET, CONSECTETUER
ADIPISCING ELIT, SED



STEAM

LOREM IPSUM DOLOR SIT
AMET, CONSECTETUER
ADIPISCING ELIT, SED



BOIL IN THE BAG

LOREM IPSUM DOLOR SIT
AMET, CONSECTETUER
ADIPISCING ELIT, SED



MICROWAVE

LOREM IPSUM DOLOR SIT
AMET, CONSECTETUER
ADIPISCING ELIT, SED

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal