



Product:
The Mighty Alternative Mince

Product Code:
1700020

Date:
30 October 2019
Amendment issued 31 July 20

Issued by:
Life Health Foods AU Ltd

PRODUCT INFORMATION

The Mighty Alternative Mince – 500g

PRODUCT DESCRIPTION:

The Alternative Mince is a great source of fibre and 100% plant based making it perfect for your next family Taco night or even a home-cooked Spaghetti Bolognese.

Health Star Rating: 4

CoOL Percentage: Made in Australia from at least 70% Australian ingredients.

PRODUCT DETAILS:

Ingredients: Water, Vegetable Protein (29%)(**Soy, Wheat, Pea**), Vegetable Oil, Stock Powder, Pea Fibre, Tapioca Starch, Vegetable Gums (Xanthan, Carrageenan, Guar), Thickener (Methyl Cellulose), Natural Colours (Beet, Caramel I, Paprika Extract), Salt, Parsley, Pepper, Natural Flavour, Vegetable Extract.

Allergen Information:

Contains: Soy, Wheat and Gluten

May Contain Traces: Peanuts

MICROBIOLOGICAL STATEMENT:

Total Plate Count	<100,000 cfu/g
Bacillus cereus	<100 cfu/g
Coagulase-positive staphylococci	<100 cfu/g
Coliforms	<100 cfu/g
Escherichia coli	<3 cfu/g
Listeria monocytogenes	Not detected in 25g
Salmonella	Not detected in 25g
Yeast & Mould	≤100 cfu/g
Anaerobes	TBC after commission of line
Anaerobic Spore Formers	<10cfu/g
Enterobacteriaceae	<100 cfu/g
Clostridium perfringens	ND in 25g

These Micro specs are based on the Food Standards Code Guidelines for the microbiological examination of ready-to-eat foods (AMC Products Classed as "Level 2") December 2001
<https://www.foodstandards.gov.au/code/microbiolimits/documents/Guidelines%20for%20Micro%20exam.pdf>



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NUTRITION INFORMATION:

NUTRITION INFORMATION Servings per Package: 5 Serving Size: 100g		
	AVERAGE QUANTITY PER SERVE	AVERAGE QUANTITY PER 100g
Energy	950 kJ	950 kJ
Protein	23.4 g	23.4 g
Fat, total	12.5 g	12.5 g
- saturated fat	2.9 g	2.9 g
Carbohydrate, total	2.4 g	2.4 g
- Sugars	1.1 g	1.1 g
Dietary Fibre	6.0 g	6.0 g
Sodium	600 mg	600 mg

PREPARATION INSTRUCTIONS:

Preheat large pan to medium heat. Add 1 Tbs of vegetable oil.

Fry mince lightly for 10-12 minutes, gently stirring regularly until golden brown.

Tip: a dash more oil can be used mid-way through cook.

For best results, do not add water, other liquids or ingredients until mince is fully browned.

If stored frozen, thaw before use.

Not suitable to microwave.

PHYSICAL DESCRIPTION:

Mouth-feel and Texture	The Alternative Mince have a meat like, coarse, juicy texture on the inside and forms a nice golden crust when grilled.
Flavour and Aroma	Mild Beefy/ Meaty
Colour	Deep purple, red with specs of green parsley and white specs of fat.

CONTAMINATION:

All finished product is passed through a calibrated functioning metal detector.

GENETIC MODIFICATION (GM) STATUS:

Life Health Foods source ingredients from non-GM sources.

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STORAGE / SHELF LIFE:

- Do not freeze more than once.
- Store frozen < -18°C. Has a stated frozen shelf life of 120 days.
- Once thawed, keep refrigerated between 1- 5°C. Use within 20 days of thawing
- Use within 3 days of opening

PACKAGING INFORMATION:

Retail Units per Pack	1
Pack dimensions:	
- length	222.5 mm
- width	170 mm
- depth	40 mm
Net weight per Pack	500 g
Units per Case	6
Net weight Case	3.0kg
Gross weight Case	3.48kg
Cubic measurement	0.0121m³
Case material	Corrugated board
Case sealing method	Taped
Case Dimensions:	
External - length	347 mm
- width	229 mm
- height	145 mm

PRODUCT INFORMATION:

- Product carries our quality guarantee.
- Product Number details: "USE-BY" date and production code.

Item Reference	Case Code	Retail Pack Code
The Alternative Mince	19349174001030	9349174001033