



# Product Information Sheet

Product Code 227303

Weight 300g

Product Type Individual

Product Name Level 4 Purée Fish Pie

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	749kj	2246kj
Energy (kcal)	180kcal	540kcal
Fat	13g	39g
Saturated	1.4g	4.1g
Monounsaturated	7.1g	21g
Polyunsaturated	4.3g	13g
Carbohydrate	7.7g	23g
of which sugars	2.2g	6.5g
Fibre	2.2g	6.5g
Protein	7.3g	22g
Sodium	236mg	707mg
Salt equivalent	0.59g	1.8g
Potassium	187mg	561mg

## Ingredient Declaration

**MILK**, water, peas (16%), Alaska pollock (**FISH**) (14%), rapeseed oil, **FISH** stock (water, **FISH** extract), salmon (**FISH**) (3.5%), dried potato, pea protein, emulsifiers (sunflower lecithin, mono- and diglycerides of fatty acids), pea starch, thickeners (methyl cellulose, xanthan gum, guar gum), maize starch, cream (**MILK**), **MILK** protein, carrot juice, salt, rice protein, sugar, natural flavourings (with **FISH**, **CRUSTACEANS**, **MILK**), garlic, pea fibres, parsnip, yeast extract, smoke, pepper, caramelised sugar, citrus fibres, lemon juice, turmeric, nutmeg.

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense	✓	Beef	✓	Beef	
Gluten Free	✓	Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt		Crustacean		Crustacean	
Vegetarian		Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish		Fish	
Healthier Choice		Garlic		Garlic	
Vegan		Lupin	✓	Gluten	✓
Soft		Milk & Milk Derivatives		Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars	✓	Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion	✓	Onion	
High Protein	✓	Peanut	✓	Peanuts	
Easy Chew		Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast		Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

### **Cooking Guidelines (all ovens may vary)**

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF power.

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