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# **Product Information Sheet**

Product Code 217202 Weight 425g

**Product Type** Individual

Product Name Level 5 Creamy Chicken Pie

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)	
Energy (kJ)	419kJ	1782kJ	
Energy (kcal)	100kcal	425kcal	
Fat	3.7g	16g	
Saturated	1.1g	4.5g	
Monounsaturated	1.7g	7.3g	
Polyunsaturated	0.8g	3.3g	
Carbohydrate	10g	44g	
of which sugars	2.5g	11g	
Fibre	1.2g	4.9g	
Protein	5.8g	25g	
Sodium	148mg	630mg	
Salt equivalent	0.37g	1.6g	
Potassium	242mg	1029mg	

#### **Ingredient Declaration**

water, potato, cooked chicken (13%), carrot, broccoli, cream (**milk**), vegetable oils (rapeseed, palm), maltodextrin, skimmed **milk** powder, modified starch, swede, onion, salt, stabilisers (hydroxypropyl methyl cellulose, methyl cellulose), parsley, roast chicken carcass, starch, pepper, natural flavouring, sugar, yeast extract, cornflour, tomato puree, carrot juice concentrate, leek juice concentrate.

#### Warnings:

⚠ Prepared to meet level 5 for adults.

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1 of 5 a Day         ✓         Alcohol         ✓         Alcohol         Image: Person of the part of the	Diet Coding		Made Without		Free From	
Gluten Free	1 of 5 a Day	/	Alcohol	/	Alcohol	
Low Fat Cheese Crustacean Crustac	Energy Dense		Beef	/	Beef	
Low Salt Vegetarian Low Saturated Fish Fat Garlic Garlic Healthier Choice Vegan Milk & Milk Derivatives Reduced Sugars Mollusc Mollusc Mushroom Mustard Molf So a Day Mustard Milk Peanut Migh Protein Easy Chew Free From Milk SourceFibre SourceOfProtein  Yeast Almond Miscadamia Pecan Pistachio Queensland Walnut Wheat  Crustacean Crustacean  Fish Garlic Giluten Milk & milk derivatives Mollusc Mushroom Mustard Mulusc Mushroom Mustard Mustard Nuts Onion Peanut Soya Sulphur dioxide/sulphites Free From Milk Macadamia Vegast  Almond Vegast Walnut Wheat	Gluten Free	/	Celery	/	Celery	
Vegetarian         Egg & Egg Derivatives         Fish           Fat         Garlic         Garlic           Healthier Choice         Lupin         Milk & Milk & Milk & Milk & Milk & Milk & Mollusc         Milk & milk derivatives           Reduced Sugars         Mollusc         Mushroom         Mustard           Low Sugars         Mushroom         Mustard         Mustard           3 of 5 a Day         Mustard         Musts         Peanuts           Reducing         Nuts         Peanuts         Soya           Reay Chew         Peanut         Soya         Sulphur dioxide/sulphites           Free From Milk         Sesame         Jomato         Yeast           SourceOfProtein         Tomato         Yeast           Almond         Jomato         Yeast           Hazlenut         Jomato         Yeast           Hazlent         Jomato         Yeast <td>Low Fat</td> <td></td> <td>Cheese</td> <td></td> <td>Cheese</td> <td></td>	Low Fat		Cheese		Cheese	
Low Saturated Fish Satline Seg & teg of lend with Seg and Seg of lend with Seg of lend with Seg	Low Salt		Crustacean		Crustacean	
Low Saturated Fish Garlic Gluten Wilk & Milk & Milk Derivatives Mollusc Mushroom Mustard Nuts Onion Peanut Soya Soya Sulphur dioxide/sulphites Source-Fibre Source-OfProtein Tomato Yeast Macadamia Pecan Macadamia Manut Mushroom Macadamia Manut Mushroom Macadamia Macadamia Manut Mushroom Macadamia Manut Mushroom Mustard Nuts Mustard Nuts Onion Peanut Mustard Nuts Mustard Nuts Onion Peanut Mustard Nuts Onion Peanut Mustard Nuts Mustard Nuts Onion Peanut Mustard Nuts Mustard Nuts Onion Peanut Mustard Nuts Mustard Nuts Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Soya Sulphur dioxide/sulphites Yeast Macadamia Manut Mustard Nuts Macadamia Macadamia Macadamia Macadamia Macadamia Macadamia Manut Manut Macadamia Manut Macadamia Manut Manut Macadamia Manut Manut Macadamia Manut Macadamia Manut Manut Manut Macadamia Manut Manut Macadamia Manut Manut Macadamia Manut Manut Manut Manut Macadamia Manut Manut Manut Manut Manut Macadamia Manut	Vegetarian		1	1/	Egg & egg derivatives	
Fat Healthier Choice	Low Saturated			<b> </b>	Fish	
Healthier Choice Vegan  Soft  Nilk & Milk Derivatives  Mollusc  Mushroom Mustard  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites  >10mg/kg  Yeast  Almond  Free From Milk  Macadamia  Pecan Pistachio Queensland  Walnut Wheat  Wheat	Fat			_	Garlic	
Vegan Soft Soft Reduced Sugars Low Sugars Jof 5 a Day Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein SourceOfProtein Fazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Wheta Milk & Mi	Healthier Choice				Gluten	
Soft Reduced Sugars	Vegan				Milk & milk derivatives	
Reduced Sugars  Low Sugars  Mushroom  Mushroom  Mustard  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites  >10mg/kg  Tomato  Yeast  Almond  Brazil  Cashew  Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat  Mushroom  Mustard  Mustard  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites  >10mg/kg  Yeast  Veast  Almond  Wastard  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites  >10mg/kg  Yeast  Veast  Veast  Almond  Wastard  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites  >10mg/kg  Yeast  Veast  Veast  Veast  Veast  Almond  Wastard  Nuts  Onion  Peanuts  Soya  Sulphur dioxide/sulphites  >10mg/kg  Yeast  Veast	Soft				Mollusc	
Low Sugars 2 of 5 a Day 3 of 5 a Day Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein  Fast  Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat  Mustard Nuts Onion Peanuts Onion Soya Soya Sulphur dioxide/sulphites Soya Soya Tomato Yeast  Almond Yeast  Almond Veast  Pecan Pistachio Queensland Walnut Wheat	Reduced Sugars				Mushroom	
2 of 5 a Day 3 of 5 a Day Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein  Peast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat  Nuts Onion Peanuts Soya Soya Sulphur dioxide/sulphites >10mg/kg Yeast  Yeast  Almond A	Low Sugars	/		\ <u>\</u>	Mustard	
Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein  Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat  Onion Peanuts Soya Sulphur dioxide/sulphites Soya Sulphur dioxide/sulphites Yeast Soya Sulphur dioxide/sulphites Soya Sulphur dioxide/sulphites Yeast Soya Sulphur dioxide/sulphites Yeast Yeast Veast	2 of 5 a Day			\ <u>\</u>	Nuts	
Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein  Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat  Peanut Soya Sulphur dioxide/sulphites Soya Tomato Yeast  Almyond Yeast  Almond  Alm	3 of 5 a Day			<b>/</b>	Onion	
Easy Chew Free From Milk SourceFibre SourceOfProtein  Frazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat	Reducing			<b> </b>	Peanuts	
Free From Milk  SourceFibre  SourceOfProtein  Yeast  Almond  Brazil  Cashew  Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat	High Protein				Soya	
SourceFibre Soya Tomato  Yeast  Yeast  Almond  Brazil  Cashew  Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat	Easy Chew		Peanut	/	Sulphur dioxide/sulphites	
SourceOfProtein  Tomato Yeast  Yeast  Almond  Brazil  Cashew  Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat	Free From Milk		Sesame	<b>/</b>	>10mg/kg	
Yeast Almond  Brazil  Cashew  Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat	SourceFibre		Soya	/	Tomato	
Almond  Brazil  Cashew  Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat	SourceOfProtein		Tomato		Yeast	
Brazil  Cashew  Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat			Yeast			
Cashew  Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat			Almond	/		
Hazlenut  Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat			Brazil	/		
Macadamia  Pecan  Pistachio  Queensland  Walnut  Wheat			Cashew	/		
Pecan  Pistachio  Queensland  Walnut  Wheat			Hazlenut	/		
Pistachio  Queensland  Walnut  Wheat			Macadamia	/		
Queensland  Walnut  Wheat			Pecan	/		
Walnut   Wheat			Pistachio			
Walnut   Wheat			Oueensland	1/		
Wheat				\ \ /		
				<b> </b>	-	
1.72						
Barley						
Oats						

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# 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. Once cooked do not reheat. Stir in edges of pie before serving.

## Store at -18°C, do not refreeze once thawed

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084