

Product Information Sheet

Product Code 324529

Weight 1600g

Product Type Large / Multi-Portion

Product Name Fish Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	572kj	1144kj
Energy (kcal)	137kcal	274kcal
Fat	7.2g	14g
Saturated	2.2g	4.4g
Monounsaturated	3.1g	6.1g
Polyunsaturated	1.4g	2.7g
Carbohydrate	9.5g	19g
of which sugars	3.3g	6.6g
Fibre	0.8g	1.6g
Protein	8.0g	16g
Sodium	247mg	494mg
Salt equivalent	0.62g	1.2g
Potassium	315mg	630mg

Ingredient Declaration

potato, water, salmon (**fish**) (15%), smoked haddock (**fish**) (10%), dried **milk**, cream (**milk**), leek, onion, vegetable oils (rapeseed, sunflower), cornflour, chives, yeast extract, salt, **mustard** seeds, dill, tarragon, vinegar, **fish** stock, stabiliser (hydroxypropyl methyl cellulose), natural flavouring (contains **fish**), pepper.

Warnings:

⚠ May contain bones.

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)

Cook from frozen. Lid off.

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

Product Code 328529
Product Type Small / Twin
Product Name Fish Pie

Weight 400g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	572kj	1144kj
Energy (kcal)	137kcal	274kcal
Fat	7.2g	14g
Saturated	2.2g	4.4g
Monounsaturated	3.1g	6.1g
Polyunsaturated	1.4g	2.7g
Carbohydrate	9.5g	19g
of which sugars	3.3g	6.6g
Fibre	0.8g	1.6g
Protein	8.0g	16g
Sodium	247mg	494mg
Salt equivalent	0.62g	1.2g
Potassium	315mg	630mg

Ingredient Declaration

potato, water, salmon (**fish**) (15%), smoked haddock (**fish**) (10%), dried milk, cream (**milk**), leek, onion, vegetable oils (rapeseed, sunflower), cornflour, chives, yeast extract, salt, **mustard** seeds, dill, tarragon, vinegar, **fish** stock, stabiliser (hydroxypropyl methyl cellulose), natural flavouring (contains **fish**), pepper.

Warnings:

⚠ May contain bones.

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)

Cook from frozen. Lid off.

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