



Product Information Sheet

Product Code 324459

Weight 1412g

Product Type Large / Multi-Portion

Product Name Baked Chicken & Ham Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	947kj	1667kj
Energy (kcal)	226kcal	399kcal
Fat	12g	21g
Saturated	4.5g	8.0g
Monounsaturated	4.7g	8.3g
Polyunsaturated	1.7g	3.0g
Carbohydrate	19g	34g
of which sugars	1.2g	2.1g
Fibre	1.1g	1.9g
Protein	10g	18g
Sodium	265mg	466mg
Salt equivalent	0.66g	1.2g
Potassium	168mg	295mg

Ingredient Declaration

water, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), cooked chicken (20%), cooked formed pork (12%), vegetable oils (palm, rapeseed), onion, modified starch, cream (**milk**), leek, skimmed **milk** powder, salt, stabilisers (hydroxypropyl methyl cellulose, triphosphates), starch, dextrose, roast chicken carcass, dextrin, garlic, sugar, yeast extract, pepper, cornflour, thyme, antioxidant (sodium ascorbate), preservative (sodium nitrite), tomato paste, colours (carotenes, paprika extract), carrot juice concentrate, leek juice concentrate.

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 with lid off. Always cook from frozen.

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