Product Information Sheet

Product Code 324992 **Weight** 1458g

Product Type Large / Multi-Portion

Product Name Baked Chestnut Mushroom Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	911kJ	2214kJ
Energy (kcal)	218kcal	529kcal
Fat	11g	27g
Saturated	3.7g	9.0g
Monounsaturated	4.9g	12g
Polyunsaturated	2.1g	5.1g
Carbohydrate	23g	56g
of which sugars	4.2g	10g
Fibre	1.8g	4.4g
Protein	5.1g	12g
Sodium	216mg	524mg
Salt equivalent	0.54g	1.3g
Potassium	188mg	456mg

Ingredient Declaration

chestnut mushroom (30%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), water, vegetable oils (palm, rapeseed, sunflower), onion, leek, sugar, pea protein, modified starch, dried cranberries, cranberries, caramelised sugar, garlic, salt, yeast extract, thyme, mushroom powder, dextrin, stabiliser (hydroxypropyl methyl cellulose), onion powder, carrot juice concentrate, carrot, pepper, cornflour, concentrated carrot juice, dried sage, concentrated onion juice, onion juice concentrate, dried parsley, dried potato, dark brown sugar, natural flavouring, tomato concentrate, mushroom concentrate, extra virgin olive oil, leek juice concentrate, dextrose, colours (carotenes, paprika extract), rapeseed oil, ground bay leaf, dried thyme, yeast.

Warnings:

⚠ May contain soya.

⚠ May contain soya.

Diet Coding

1 of 5 a Day	✓
Energy Dense	✓
Gluten Free	
Low Fat	
Low Salt	
Vegetarian	✓
Low Saturated Fat	
Healthier Choice	
Vegan	✓
Soft	
Reduced Sugars	
Low Sugars	✓
2 of 5 a Day	
3 of 5 a Day	
Reducing	
High Protein	
Easy Chew	
Free From Milk	
SourceFibre	
SourceOfProtein	

Made Without

Alcohol	✓
Beef	✓
Celery	✓
Cheese	✓
Crustacean	✓
Egg & Egg Derivatives	✓
Fish	✓
Garlic	
Lupin	✓
Milk & Milk Derivatives	✓
Mollusc	✓
Mushroom	
Mustard	✓
Nuts	✓
Onion	
Peanut	✓
Sesame	✓
Soya	✓
Tomato	
Yeast	
Almond	✓
Brazil	✓
Cashew	✓
Hazlenut	✓
Macadamia	✓
Pecan	✓
Pistachio	✓
Queensland	✓
Walnut	✓
Wheat	
Rye	✓
Barley	✓
Oats	✓

Free From

Alcohol	
Beef	
Celery	
Cheese	
Crustacean	
Egg & egg derivatives	
Fish	
Garlic	
Gluten	
Milk & milk derivatives	
Mollusc	
Mushroom	
Mustard	
Nuts	
Onion	
Peanuts	
Soya	
Sulphur dioxide/sulphites >10mg/kg	✓
Tomato	
Yeast	

Cooking Guidelines (all ovens may vary)

Cook with lid off. Always cook from frozen.

Product Code 328992 **Weight** 511g

Product Type Small / Twin

Product Name Baked Chestnut Mushroom Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	965kJ	2460kJ
Energy (kcal)	231kcal	588kcal
Fat	12g	31g
Saturated	4.1g	10g
Monounsaturated	5.2g	13g
Polyunsaturated	2.2g	5.6g
Carbohydrate	25g	63g
of which sugars	3.9g	10g
Fibre	1.8g	4.7g
Protein	5.1g	13g
Sodium	201mg	513mg
Salt equivalent	0.50g	1.3g
Potassium	182mg	463mg

Ingredient Declaration

chestnut mushroom (28%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), water, vegetable oils (palm, rapeseed, sunflower), onion, leek, sugar, pea protein, modified starch, dried cranberries, cranberries, caramelised sugar, garlic, salt, yeast extract, dextrin, thyme, mushroom powder, onion powder, stabiliser (hydroxypropyl methyl cellulose), carrot juice concentrate, dried sage, carrot, pepper, cornflour, concentrated carrot juice, dried parsley, concentrated onion juice, onion juice concentrate, dried potato, dark brown sugar, natural flavouring, extra virgin olive oil, tomato concentrate, mushroom concentrate, leek juice concentrate, dextrose, colours (carotenes, paprika extract), rapeseed oil, ground bay leaf, dried thyme, yeast.

Warnings:

⚠ May contain soya.

⚠ May contain soya.

Diet Coding

1 of 5 a Day	✓
Energy Dense	✓
Gluten Free	
Low Fat	
Low Salt	
Vegetarian	✓
Low Saturated Fat	
Healthier Choice	
Vegan	✓
Soft	
Reduced Sugars	
Low Sugars	✓
2 of 5 a Day	
3 of 5 a Day	
Reducing	
High Protein	
Easy Chew	
Free From Milk	
SourceFibre	
SourceOfProtein	

Made Without

Alcohol	✓
Beef	✓
Celery	✓
Cheese	✓
Crustacean	✓
Egg & Egg Derivatives	✓
Fish	✓
Garlic	
Lupin	✓
Milk & Milk Derivatives	✓
Mollusc	✓
Mushroom	
Mustard	✓
Nuts	✓
Onion	
Peanut	✓
Sesame	✓
Soya	✓
Tomato	
Yeast	
Almond	✓
Brazil	✓
Cashew	✓
Hazlenut	✓
Macadamia	✓
Pecan	✓
Pistachio	✓
Queensland	✓
Walnut	✓
Wheat	
Rye	✓
Barley	✓
Oats	✓

Free From

Alcohol	
Beef	
Celery	
Cheese	
Crustacean	
Egg & egg derivatives	
Fish	
Garlic	
Gluten	
Milk & milk derivatives	
Mollusc	
Mushroom	
Mustard	
Nuts	
Onion	
Peanuts	
Soya	
Sulphur dioxide/sulphites >10mg/kg	✓
Tomato	
Yeast	

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