Product Information Sheet

Product Code 227226 **Weight** 430g

Product Type Individual

Product Name Level 5 Cheese, Onion & Chive Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	514kJ	2212kJ
Energy (kcal)	123kcal	531kcal
Fat	7.3g	32g
Saturated	2.7g	12g
Monounsaturated	3.2g	14g
Polyunsaturated	1.2g	5.3g
Carbohydrate	9.1g	39g
of which sugars	2.0g	8.5g
Fibre	1.7g	7.5g
Protein	4.4g	19g
Sodium	166mg	713mg
Salt equivalent	0.41g	1.8g
Potassium	174mg	749mg

Ingredient Declaration

water, potato (27%), vegetarian cheese (**milk**) (9%), onion (8%), parsnip, swede, vegetable oils (rapeseed, palm), carrot, modified starch, skimmed **milk** powder, stabilisers (methyl cellulose, hydroxypropyl methyl cellulose), chives, garlic, pea protein, butter (**milk**), starch, salt, parsley, concentrated carrot juice, onion powder, concentrated onion juice, **mustard** seeds, spirit vinegar, pepper, dark brown sugar, natural flavouring, **mustard** powder, tomato concentrate.

Warnings:

⚠ Prepared to meet level 5 for adults.

⚠ 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)

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.

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