



Product Information Sheet

Product Code 217317

Weight 450g

Product Type Individual

Product Name Level 6 Cheese & Onion Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	483kj	2172kj
Energy (kcal)	116kcal	522kcal
Fat	7.7g	35g
Saturated	2.0g	9.1g
Monounsaturated	3.9g	17g
Polyunsaturated	1.7g	7.6g
Carbohydrate	7.3g	33g
of which sugars	2.2g	10g
Fibre	1.8g	7.9g
Protein	3.5g	16g
Sodium	140mg	630mg
Salt equivalent	0.35g	1.6g
Potassium	172mg	776mg

Ingredient Declaration

water, potato, broccoli, onion (11%), carrot, swede, vegetarian Cheddar cheese (**milk**) (6%), vegetable oils (rapeseed, palm), cream (**milk**), modified starch, skimmed **milk** powder, stabilisers (cellulose, hydroxypropyl methyl cellulose), **wheat gluten**, salt, starch, cornflour, pepper, dried onion, yeast extract, sugar, dried carrot, dried leek, dried tomato, ground turmeric, dried thyme, ground bay leaf.

Warnings:

⚠ Prepared to meet level 6 for adults.

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)

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

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