

Product Information Sheet

Product Code 324450

Weight 1507g

Product Type Large / Multi-Portion

Product Name Baked Chicken & Vegetable Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	795kj	1494kj
Energy (kcal)	190kcal	358kcal
Fat	11g	20g
Saturated	4.3g	8.0g
Monounsaturated	4.1g	7.7g
Polyunsaturated	1.5g	2.8g
Carbohydrate	15g	28g
of which sugars	1.6g	3.0g
Fibre	1.1g	2.1g
Protein	8.3g	16g
Sodium	313mg	589mg
Salt equivalent	0.78g	1.5g
Potassium	164mg	308mg

Ingredient Declaration

water, cooked chicken (24%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), vegetable oils (palm, rapeseed), carrot (9%), swede (5%), onion (3%), parsnip (2.5%), modified starch, salt, caramelised sugar, roast chicken carcass, starch, concentrated carrot juice, onion powder, dextrin, concentrated onion juice, dark brown sugar, sugar, yeast extract, natural flavouring, tomato concentrate, cornflour, pepper, tomato puree, dextrose, 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. Cook from frozen.

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

Product Code 328450

Weight335g

Product Type Small / Twin

Product Name Baked Chicken & Vegetable Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1153kj	1926kj
Energy (kcal)	276kcal	461kcal
Fat	16g	27g
Saturated	6.8g	11g
Monounsaturated	6.3g	10g
Polyunsaturated	2.2g	3.7g
Carbohydrate	22g	37g
of which sugars	1.6g	2.7g
Fibre	1.5g	2.5g
Protein	9.5g	16g
Sodium	308mg	514mg
Salt equivalent	0.77g	1.3g
Potassium	179mg	299mg

Ingredient Declaration

wheat flour (with calcium carbonate, niacin, iron, thiamin), cooked chicken (24%), vegetable oils (palm, rapeseed), water, carrot (8%), swede (5%), onion (3%), parsnip (2.5%), modified starch, salt, caramelised sugar, roast chicken carcass, dextrin, starch, concentrated carrot juice, onion powder, concentrated onion juice, dark brown sugar, sugar, yeast extract, natural flavouring, tomato concentrate, cornflour, pepper, dextrose, tomato puree, 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. Cook from frozen.

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