



Product Information Sheet

Product Code 324130

Weight 1353g

Product Type Large / Multi-Portion

Product Name Baked Steak & Mushroom Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	989kj	1672kj
Energy (kcal)	237kcal	401kcal
Fat	15g	25g
Saturated	5.9g	9.9g
Monounsaturated	6.3g	11g
Polyunsaturated	1.8g	3.1g
Carbohydrate	16g	27g
of which sugars	1.2g	2.0g
Fibre	1.2g	2.0g
Protein	9.4g	16g
Sodium	215mg	364mg
Salt equivalent	0.54g	0.91g
Potassium	270mg	457mg

Ingredient Declaration

beef (32%), mushroom (19%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), vegetable oils (palm, rapeseed), carrot, water, onion, modified starch, tomato puree, yeast extract, caramelised sugar, salt, cornflour, dextrin, flavouring, sugar, natural flavourings, burnt sugar powder, pepper, onion powder, concentrated carrot juice, dried mushroom, concentrated onion juice, beef extract, dark brown sugar, dried marjoram, dried thyme, tomato concentrate, dried oregano, dried parsley, dextrose, colours (carotenes, paprika extract), dried sage, ground clove, onion oil.

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.

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

Product Code 328130**Weight**352g**Product Type** Small / Twin**Product Name** Baked Steak & Mushroom Pie**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1205kj	2122kj
Energy (kcal)	289kcal	509kcal
Fat	18g	32g
Saturated	7.4g	13g
Monounsaturated	7.5g	13g
Polyunsaturated	2.3g	4.0g
Carbohydrate	21g	37g
of which sugars	1.1g	1.9g
Fibre	1.4g	2.4g
Protein	9.6g	17g
Sodium	193mg	340mg
Salt equivalent	0.48g	0.85g
Potassium	258mg	454mg

Ingredient Declaration

beef (28%), **wheat** flour (with calcium carbonate, niacin, iron, thiamin), mushroom (17%), vegetable oils (palm, rapeseed), carrot, onion, modified starch, water, tomato puree, yeast extract, caramelised sugar, salt, dextrin, cornflour, flavouring, sugar, natural flavourings, burnt sugar powder, pepper, onion powder, concentrated carrot juice, dried mushroom, concentrated onion juice, beef extract, dark brown sugar, dried marjoram, dried thyme, tomato concentrate, dextrose, dried oregano, dried parsley, colours (carotenes, paprika extract), rapeseed oil, dried sage, ground clove, onion oil.

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)

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