



# Product Information Sheet

**Product Code** 217203

**Weight** 435g

**Product Type** Individual

**Product Name** Level 5 Fisherman's Pie

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	483kj	2099kj
Energy (kcal)	115kcal	502kcal
Fat	6.1g	27g
Saturated	0.5g	2.4g
Monounsaturated	3.7g	16g
Polyunsaturated	1.8g	7.9g
Carbohydrate	9.0g	39g
of which sugars	1.5g	6.6g
Fibre	1.3g	5.8g
Protein	5.5g	24g
Sodium	113mg	490mg
Salt equivalent	0.28g	1.2g
Potassium	237mg	1029mg

## Ingredient Declaration

broccoli, potato, water, hoki (**fish**) (16%), vegetable oils (rapeseed, palm), smoked haddock (**fish**) (5%), maltodextrin, modified starch, onion, **milk** proteins, stabilisers (cellulose, hydroxypropyl methyl cellulose), salt, skimmed **milk** powder, parsley, pepper, ground paprika.

## Warnings:

⚠ May contain bones.

⚠ Prepared to meet level 5 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)**

Cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. 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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