



# Product Information Sheet

Product Code 217813

Weight 150g

Product Type Individual

Product Name Level 5 Mince Pie

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	947kj	1420kj
Energy (kcal)	226kcal	339kcal
Fat	11g	16g
Saturated	6.3g	9.5g
Monounsaturated	2.9g	4.3g
Polyunsaturated	0.5g	0.8g
Carbohydrate	28g	43g
of which sugars	17g	25g
Fibre	1.1g	1.6g
Protein	3.9g	5.9g
Sodium	46mg	69mg
Salt equivalent	0.12g	0.17g
Potassium	166mg	249mg

## Ingredient Declaration

water, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), sugar, butter (**milk**) (10%), skimmed **milk** powder, dates (5%), palm oil, apple purée (1.1%), modified starch, lemon juice from concentrate, ground mixed spice (cinnamon, coriander, dill, fennel, clove, ginger, nutmeg, cassia), cornflour, ground cinnamon, glucose-fructose syrup, natural flavourings, ground clove, ground nutmeg, salt, cane molasses, thickener (carrageenan), acidity regulator (citric acid).

## Warnings:

⚠ 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)**

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Take care, hot after heating. Once cooked do not reheat. Microwave - cook on HALF power.

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