



Product Information Sheet

Product Code 217823

Weight 150g

Product Type Individual

Product Name Level 6 Mince Pie & Custard

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	807kj	1211kj
Energy (kcal)	193kcal	289kcal
Fat	9.2g	14g
Saturated	3.1g	4.6g
Monounsaturated	4.2g	6.4g
Polyunsaturated	1.6g	2.4g
Carbohydrate	25g	38g
of which sugars	16g	24g
Fibre	0.8g	1.2g
Protein	1.9g	2.8g
Sodium	137mg	205mg
Salt equivalent	0.34g	0.51g
Potassium	93mg	139mg

Ingredient Declaration

water, sugar, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), rapeseed oil, butter (**milk**), modified starch, dates (2%), whey (**milk**) powder, palm fat, free range **egg** powder, cornflour, condensed skimmed **milk**, **milk** proteins, apple purée, lemon juice from concentrate, stabiliser (methyl cellulose), glucose syrup, salt, ground mixed spice (cinnamon, coriander, dill, fennel, clove, ginger, nutmeg, cassia), natural flavourings (contains **milk**), ground cinnamon, glucose-fructose syrup, colour (annatto norbixin), ground clove, ground nutmeg, raising agent (sodium hydrogen carbonate), cane molasses, thickener (carrageenan), acidity regulator (citric acid).

Warnings:

- ⚠ Prepared to meet level 6 for adults.
- ⚠ May contain soya.

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. For oven cook, to soften sponge stir before serving. Microwave - cook on HALF power.

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