



Product Information Sheet

Product Code 217325

Weight 415g

Product Type Individual

Product Name Level 6 Creamy Chicken Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	389kj	1612kj
Energy (kcal)	93kcal	385kcal
Fat	3.8g	16g
Saturated	1.1g	4.4g
Monounsaturated	1.8g	7.3g
Polyunsaturated	0.8g	3.3g
Carbohydrate	9.4g	39g
of which sugars	2.6g	11g
Fibre	1.1g	4.7g
Protein	4.7g	20g
Sodium	171mg	711mg
Salt equivalent	0.43g	1.8g
Potassium	229mg	951mg

Ingredient Declaration

water, potato, broccoli, cooked formed chicken (11%), swede, carrot, cream (**milk**), vegetable oils (rapeseed, palm), maltodextrin, skimmed **milk** powder, modified starch, onion, salt, parsley, starch, stabilisers (hydroxypropyl methyl cellulose, diphosphates, triphosphates), roast chicken carcass, yeast extract, pepper, sugar, cornflour, tomato puree, carrot juice concentrate, leek juice concentrate.

Warnings:

⚠ Prepared to meet level 6 for adults.

⚠ *formed chicken

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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