



Product Information Sheet

Product Code 217202

Weight 425g

Product Type Individual

Product Name Level 5 Creamy Chicken Pie

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	419kj	1782kj
Energy (kcal)	100kcal	425kcal
Fat	3.7g	16g
Saturated	1.1g	4.5g
Monounsaturated	1.7g	7.3g
Polyunsaturated	0.8g	3.3g
Carbohydrate	10g	44g
of which sugars	2.5g	11g
Fibre	1.2g	4.9g
Protein	5.8g	25g
Sodium	148mg	630mg
Salt equivalent	0.37g	1.6g
Potassium	242mg	1029mg

Ingredient Declaration

water, potato, cooked chicken (13%), carrot, broccoli, cream (**milk**), vegetable oils (rapeseed, palm), maltodextrin, skimmed **milk** powder, modified starch, swede, onion, salt, stabilisers (hydroxypropyl methyl cellulose, methyl cellulose), parsley, roast chicken carcass, starch, pepper, natural flavouring, sugar, yeast extract, cornflour, tomato puree, carrot juice concentrate, leek juice concentrate.

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		Tomato		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. 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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