



# Product Information Sheet

Product Code

324742

Product Type

Large / Multi-Portion

Product Name

Cheese & Onion Pie

Weight

1306g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	1300kj	2119kj
Energy (kcal)	312kcal	509kcal
Fat	22g	35g
Saturated	12g	19g
Monounsaturated	7.1g	12g
Polyunsaturated	1.8g	2.9g
Carbohydrate	17g	28g
of which sugars	1.8g	2.9g
Fibre	1.2g	2.0g
Protein	12g	19g
Sodium	247mg	402mg
Salt equivalent	0.62g	1.0g
Potassium	135mg	220mg

Ingredient Declaration

vegetarian Cheddar cheese (**milk**) (34%), onion (22%), **wheat** flour (with calcium, iron, niacin, thiamin), vegetable oils (palm, rapeseed), potato, water, starch, dextrin, dextrose, colours (carotenes, paprika extract).

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. Lid off.

**Store at -18°C, do not refreeze once thawed**

Product Code

328742

Product Type

Small / Twin

Product Name

Cheese & Onion Pie

Weight

378g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	1376kJ	2601kJ
Energy (kcal)	331kcal	625kcal
Fat	23g	43g
Saturated	12g	23g
Monounsaturated	7.6g	14g
Polyunsaturated	2.1g	3.9g
Carbohydrate	20g	38g
of which sugars	1.5g	2.9g
Fibre	1.3g	2.5g
Protein	11g	20g
Sodium	211mg	398mg
Salt equivalent	0.53g	1.0g
Potassium	128mg	242mg

Ingredient Declaration

vegetarian Cheddar cheese (**milk**) (29%), **wheat** flour (with calcium, iron, niacin, thiamin), onion (19%), vegetable oils (palm, rapeseed), potato, water, starch, dextrin, dextrose, colours (carotenes, paprika extract).

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)**

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