

# Product information sheet

## Multi-Portion

Product code 324503  
Product name Fish Pie

### Formulation

Component	Weight (kg)
MASHED POTATO	0.520
FISH PIE FILL	1.080
<b>Total Weight</b>	<b>1.600</b>
<b>Suggested Portion Size</b>	<b>8 x 200g</b>

### Nutrition (as consumed)

	Quantity	Units	Quantity	Units
Energy (kj)	480	kJ per 100g	959	kJ per portion 200g
Energy (kcal)	115	kcal per 100g	229	kcal per portion 200g
Fat	5.9	g per 100g	12	g per portion 200g
Saturated	1.8	g per 100g	3.7	g per portion 200g
Monounsaturated	2.6	g per 100g	5.2	g per portion 200g
Polyunsaturated	1.1	g per 100g	2.2	g per portion 200g
Carbohydrate	7.8	g per 100g	16	g per portion 200g
of which sugars	1.7	g per 100g	3.5	g per portion 200g
Fibre	< 0.5	g per 100g	1.0	g per portion 200g
Protein	7.4	g per 100g	15	g per portion 200g
Sodium	203	mg per 100g	405	mg per portion 200g
Salt equivalent	0.51	g per 100g	1.0	g per portion 200g
Potassium	247	mg per 100g	495	mg per portion 200g

### Ingredient declaration

water, potato, hoki (**fish**) (17%), salmon (**fish**) (8%), smoked haddock (**fish**) (7%), cream (**milk**), dried **milk**, cornflour, vegetable oils (rapeseed, sunflower), onion, butter (**milk**), salt, stabiliser (hydroxypropyl methyl cellulose), yeast extract, parsley, dill, **fish** stock, pepper, natural flavouring (contains **fish**).

Allergy Advice: For allergens see ingredients in **bold**.

### Product may contain bones

### Product Variants

Reason for issue: Removed Soft claim, replaced with Easy Chew.

### Diet coding

Low sugar	Reduced sugar	Low fat	Reducing	Low salt	Gluten free	Energy dense
					✓	

Vegetarian	Vegan	Soft	Healthier Choice	Number of 5 a Day
			✓	0

### Allergens : Made Without

Milk & Milk Derivatives	Egg & Egg Derivatives	Crustaceans	Fish	Soya	Nuts
	✓	✓		✓	✓

### Allergens : Made Without

Sulphites > 10mg/kg	Celery/Celeryiac	Molluscs	Mustard	Gluten	Lupin	Sesame
✓	✓	✓	✓	✓	✓	✓

### Also Made Without

Mushroom	Alcohol	Beef	Tomato	Onion	Garlic	Yeast
✓	✓	✓	✓		✓	

### Cooking guidelines (all ovens may vary)

Cook from frozen. Lid off. Pre-heat oven 190°C/375°F/Gas 5. Fan assisted 170°C/325°F. Typically 60 minutes until golden brown.

Trolley regeneration guidelines • full cycle

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

