

Nutritional Info

Nutrients

	PIES											
	Beef & veggie		Chicken		Haddock		Lentil veg Danish		Lentil veg		Mince	
	100g	Serving 165g	100g	Serving 175g	100g	Serving 170g	100g	Serving 170g	100g	Serving 170g	100g	Serving 165g
Energy kJ	520	909	636	1131	469	820	506	902	481	834	657	1149
Protein g	6.1	10.7	14.3	25.5	10.3	18.1	5.6	10	5.3	9.1	9.2	16.1
Carbohydrate g	14	24	13	24	10	17	15	26	15	26	16	28
of which total sugar g	0.7	1.2	3.7	6.6	0.5	0.9	0.7	1.3	0.7	1.2	2.4	4.2
Total fat g	4.7	8.2	4.3	7.7	3.1	5.3	3.7	6.5	3.0	5.1	4.6	8.1
of which saturated fat (g)	1.3	2.3	1.1	1.9	0.9	1.6	1.1	1.9	0.6	1.0	1.5	2.6
of which trans fat (g)	0	0	0	0	0	0	0	0	0	0	0	0
of which monosaturated fat(g)	2.0	3.5	1.9	3.4	1.2	2.1	1.4	2.6	1.3	2.2	2.0	3.5
of which polyunsaturated fat (g)	0.8	1.3	1.0	1.7	0.6	1.1	0.7	1.3	0.7	1.2	0.8	1.4
Cholesterol mg	36	63	50	89	50	88	27	49	26	45	40	71
Dietary fibre	1.5	2.7	0.8	1.4	0.5	0.9	3.0	4.3	3.1	5.3	3.4	6.0
Total sodium mg	258	451	299	533	396	693	275	491	254	439	386	676
GL		14		13		10		13		13		15
GI	LOW		LOW		LOW		LOW		LOW		LOW	
Exchange value	1½ starch, 1 protein, 1 fat, ½vegetable		1½ starch, 3 protein,		1 starch, 2 protein,		1 starch, 1½ protein, ½ fat, 1 vegetable		1½ starch, 1 protein, ½ fat, 1 vegetable		2 starch, 2 protein, ½fat	
Gluten free	-		-		-		-		-		-	
ALLERGENS	Wheat (gluten) Cow's milk, Egg		Wheat (gluten) Cow's milk, Egg		Wheat (gluten) Cow's milk, Egg		Wheat (gluten) Cow's milk, Egg		Wheat (gluten) Cow's milk, Egg		Wheat (gluten) Cow's milk, Egg	
INGREDIENTS	Lean beef(53%),Topping (low-fat milk, flour, egg, oat bran, water, veg oil [canola seed],raising agent,salt) vegetables (19%) (mushrooms, tomato,onion, zucchini) lentils, stock powder, paprika, garlic, herbs		Chicken breast(37%), Topping(low fat milk, flour, egg, oat bran, water, veg oil[canola seed], raising agent, salt), low fat yoghurt, Apricot jam(glucose, apricot,sugar), stock powder, paprika, herbs		Haddock (28%), topping (low fat milk, flour, egg, oat bran, water, veg oil [canola seed], raising agent, salt)		Lentils(45%), topping (low-fat milk, flour, egg, oat bran, water, veg oil [canola seed], raising agent, salt), vegetables(25%) (carrots, onion tomato puree, peppers), Danish feta (4%), herbs stock powder		Lentils(45%), topping (low-fat milk, flour, egg, oat bran, water, veg oil [canola seed], raising agent, salt), vegetables(25%) (carrots onion, tomato puree, peppers), herbs stock powder		Baked beans(beans, water, tomato paste, sugar, salt, modified maize starch, salt), low fat beef mince(16%), topping(low fat milk, flour, egg, oat bran, water, veg oil[canola seed], raising agent, salt), carrot,onion, stock powder, paprika, herbs	



Stock powder (salt, dehydrated veg[onion, carrot, mushroom, cornstarch, sugar, maltodextrin, herbs, yeast extract, veg oil {canola seed}, pepper, flavouring, colourant, spices, acid)