



Creamy Chicken & Mushroom Pie

Topped with puff pastry, enjoy tender chicken pieces in a creamy mushroom sauce with potato bake, carrots and peas.

Mushrooms are a rich source of the soluble dietary fiber, necessary for maintaining healthy cholesterol levels.

Ingredients

Pie (50%) [Chicken, Onions, Celery, Mushroom Soup (Water, Mushrooms (12%), Wheat Flour, Canola Oil, Maize Starch, Salt, Cream, Milk Solids, Soy Protein, Sugars, Flavours (Milk products, Wheat), Yeast Extract, Colour (Caramel 111 - Wheat), Mushrooms (7%), Milk, Hot English Mustard [Water, Mustard Seeds, Salt, Vegetable Shortening, Mustard Flavour, Turmeric, Food Acid (Citric), Emulsifier (Lecithin (Soy)), Vegetable Oil, Colour (Beta-Carotene), Spice Extract], Tomato Paste, Salt, Pepper], Potato Bake (Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese, Tapioca, Salt, Pepper), Carrots, Peas, Puff Pastry [Wheat Flour, Water, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, Soy Lecithin) Food Acid (330), Flavour, Antioxidant (307b), Colour (160a), Salt, Preservative 202, 281), Food Acid 330], Parsley. CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1932kj (463Cal)	483kJ (116Cal)
Protein:	33.2g	8.3g
Fat, Total:	20.8g	5.2g
--Saturated:	6g	1.5g
Carbohydrates:	31.2g	7.8g
--Sugars:	10g	2.5g
Dietary Fibre:	6.4g	1.6g
Sodium:	752mg	188mg
Potassium:	872mg	218mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.