



Petite Chic'n Pot Pies

A decadent mouth watering blend of garden vegetables, "chic'n" (soy) and spices baked in a golden flaky crust



INGREDIENTS

Filling: Carrots, peas, soy protein (water, soy protein, Canadian wheat protein, natural flavours, yeast extract, organic evaporated cane juice, expeller pressed canola oil, salt, pea protein, carrot fibre, **vitamins & minerals:** vitamin B₁ (thiamine hydrochloride), vitamin B₂ (riboflavin), vitamin B₃ (niacinamide), vitamin B₆ (pyridoxine hydrochloride), vitamin B₁₂ (cyanocobalamin), calcium pantothenate, ferric orthophosphate, zinc oxide, magnesium oxide, dipotassium phosphate) non-hydrogenated vegetable oil shortening, vegetarian chicken flavour (Flavour, Autolyzed Yeast Extract, Garlic, Spices & Spice Extracts, Onion, Silicon Dioxide), garlic powder, onion powder, herbs, nutritional yeast.

Topping: Wheat Flour, Canola Oil, Spices, Salt, Soybean Oil, Garlic, Parsley, Yeast, and Evaporated Cane Juice

Pastry: Flour, non-hydrogenated vegetable oil shortening, water, Evaporated Cane Juice, citric acid.

PREPARATION INSTRUCTIONS

Note: This product is precooked for your convenience. Heat from frozen state.

Oven: Preheat to 350°F (180°C). Place pie on cookie sheet on center rack and bake approximately 30-35 minutes (until an internal temperature of 165 °F (74°C) is reached). Let stand 5 minutes before serving.

Microwave: Microwave on high for 2 to 3 minutes (until an internal temperature of 165 °F (74°C) is reached). Let stand 5 minutes before serving.

FREE OF MEAT, FISH, POULTRY, EGGS, DAIRY, MUSHROOMS, NUTS and TRANS FAT

KEEP FROZEN

Nutrition Facts Valeur nutritive

Serving size 1 pie (110 g)
Portion 1 pâté (110 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories/Calories 320	
Fat/Lipides 14 mg	22 %
Saturated /saturés 6 mg +trans/trans 0 mg	30 %
Cholesterol/Cholestérol 0 mg	
Sodium/Sodium 243 mg	10 %
Carbohydrate/Glucides 36 g	12 %
Fibre/Fibres 2 g	8 %
Sugars/Sucres 4 g	
Protein/Protéines 9 g	
Vitamin A /Vitamine A	8 %
Vitamin C /Vitamine C	30 %
Calcium /Calcium	2 %
Iron /Fer	15 %
Thiamine /Thiamine	25 %
Riboflavin/Riboflavine	20 %
Niacin/Niacine	25 %
Vitamin B ₆ /Vitamine B ₆	8 %
Vitamin B ₁₂ /Vitamine B ₁₂	0 %

UPC Code: 8-35541-00554-8

Pack Size: 440 gm box (approx. 4 servings)

People dedicated to the ethical treatment of people