



Nutritional Analysis of Family Pies

Thai Chicken Family Pie

Servings per pie 5		per 240g serve	per 100g
Energy		2282.4kj	961.0kj
Protein		28.8g	12.0g
Fat	Total	29.0g	12.1g
	Saturated	16.4g	6.4g
Carbohydrate	Total	40.3g	16.8g
	Sugars	4.8g	1.9g
Sodium		827mg	344mg

Roast Lamb and Vegetable Family Pie

Servings per pie 5		per 240g serve	per 100g
Energy		2069.8kj	862.4kj
Protein		23.6g	9.8g
Fat	Total	22.8g	9.5g
	Saturated	11.8g	4.9g
Carbohydrate	Total	46.6g	19.4g
	Sugars	5g	2.1g
Sodium		912mg	380mg

Chicken and Mushroom Family Pie

Servings per pie 5		per 240g serve	per 100g
Energy		2282.4kj	961.0kj
Protein		28.8g	12.0g
Fat	Total	29.0g	12.1g
	Saturated	16.4g	6.4g
Carbohydrate	Total	40.3g	16.8g
	Sugars	4.8g	1.9g
Sodium		827mg	344mg



Nutritional Analysis of Family Pies

Beef Burgundy Family Pie

Servings per pie 5		per 240g serve	per 100g
Energy		2223.1kj	926.3kj
Protein		29.3g	12.2g
Fat	Total	25.7g	10.7g
	Saturated	13.4g	5.6g
Carbohydrate	Total	43.4g	18.1g
	Sugars	4.6g	1.9g
Sodium		827mg	344mg

Aussie "Pure Beef" Family Pie

Servings per pie 5		per 240g serve	per 100g
Energy		2061.1kj	858.8kj
Protein		24.7g	10.3g
Fat	Total	23.8	9.9g
	Saturated	12.2g	5.1g
Carbohydrate	Total	42.7g	17.8g
	Sugars	4.6g	1.9g
Sodium		895mg	372.8mg