

TFS Phat Gluten Free Mushroom Bourguignon Pie - Information

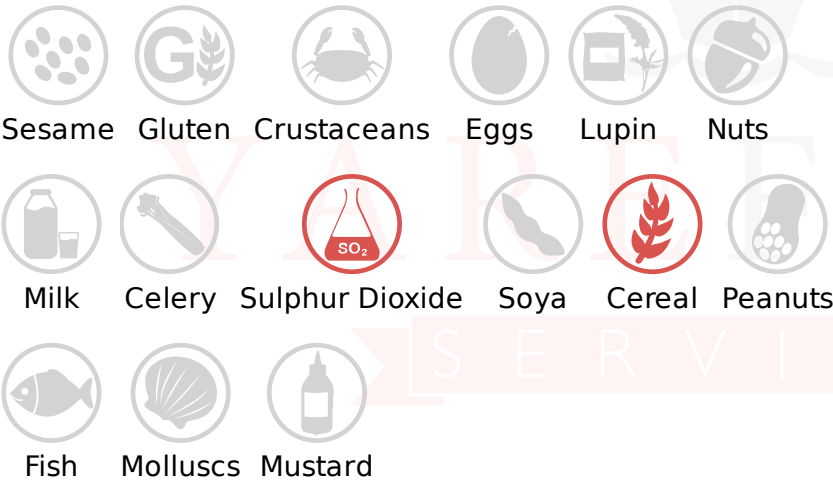
Mixed sautéed mushrooms with silver skin onions and carrots in a smoky red wine sauce encased in gluten free shortcrust pastry with a rosemary topping.

Our Product Code: 030977
Suppliers Product Code: PHATMB300
Information Last Updated: 17/04/2025
Date Produced: 05/04/2026



Allergy Information

Key: **Contains** **May Contain**



Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	256.00
Energy (kJ)	1063.00
Protein (g)	3.20
Carb (g)	20.10
Of Which Sugars (g)	0.80
Fat (g)	17.20
Of Which Saturates (g)	6.00
Fibre (g)	2.60
Salt (g)	0.60

Dietary Information

Key: **Suitable for**



Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Pastry (Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier E471, Colour: Annatto Bixin/ Curcumin, Natural Flavouring), Water, Chickpea Flour, Rice Flour, Vegetable Shortening (Palm Oil, Rapeseed Oil), Potato Starch, Tapioca Starch, Xanthan Gum, Salt), Filling (Mushrooms (61%) (Mushroom, Chestnut Mushroom, Flat Mushroom, Button Mushroom), Water, Carrot, Red Wine (SULPHITES), Silver Skin Onions, Modified Maize Starch, Garlic Puree, Vegetable Stock (Vegetable Stock (Water, Onion Powder, Carrot Juice Powder, Tomato Powder, Herb (Lovage)), Dried Glucose Syrup, Yeast Extracts, Salt, Sugar, Chicory Extract, Rapeseed Oil, Natural Flavouring), Tomato Puree, Liquid Smoke (Water, Natural Hickory Smoke Flavour, Vinegar, Molasses, Caramel Colour, Salt), Rapeseed Oil, Salt, Gluten Free BARLEY Malt Extract, Thyme, Pepper, Rosemary).

Handling Information

Directions for Use

For best results, bake from chilled. Defrost in the refrigerator for 24 hours. To cook, leave pie in foil. Place on a baking tray in the centre of a pre-heated oven (200oC/ Fan 180oC / Gas Mark 6) for 30 minutes. These are only guidelines as appliances may vary. Always check food is piping hot before serving.

Storage Instructions

Store product frozen at -18oC. Once defrosted, keep chilled at <5oC and use within 3 days. Do not refreeze once defrosted.

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