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Status Published

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Gluten Free Mini Spiced Cauliflower and Lentil Mini Pie (24 x 90g)

Gluten Free Mini Spiced Cauliflower And Lentil Mini Pie 24x90g

PRODUCT DESCRIPTION

Cauliflower, green lentils, potato and spinach in a spiced coconut sauce, encased in freshly made gluten free pastry with a nigella seed topping.

Manufacturer	The Pie Life
Manufacturer Product Code	GFCLSPIE90
Effective Date	Nov 13, 2025
Product Type	Food
Product Category	Pies, Sausage Rolls, Savouries
Storage Type	Frozen
Erudus ID	cc752f7cd9fa42bc824c08f8f70ffc9a
Specification Type	Bakery Products



INGREDIENTS

Ingredient Declaration

Filling (Water, Cauliflower (18%), Green Lentils (13%), Potato (**SULPHITES**), Coconut Milk (Coconut Milk, Maltodextrin, Modified Starch), Onion, Peas, Spinach, Tomato Paste, Rapeseed Oil, Modified Maize Starch, Garlic, Garam Masala (Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia, Cinnamon, Ground Dill, Ground Ginger, Ground Cloves), 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), Turmeric, Salt, Chilli Powder, Ground Coriander), 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, Dextrose Meritose, Nigella Seeds).

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ALLERGENS

Product Contains:

Celery/Celeriac	No	Mustard	May Contain
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	May Contain	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	Yes

Risk Source:

Milk (Risk Source)	Factory	Mustard (Risk Source)	Factory

Allergen Statement On Pack

For allergens, see ingredients in CAPITALS. May contain milk and mustard.

Additional Allergen Information

We ensure that only gluten free ingredients are used within all of the products made at The Pie Life. Suppliers and ingredients are continuously assessed. A schedule of product testing is in place to validate absence of gluten in our products, conducted by a UKAS accredited lab to <20ppm. In-house rapid gluten swabs are also utilised for verifying the absence of gluten in raw materials and finished product. Where products are indicated as not having an allergen present this refers to the product not being formulated or wholly derived from the particular ingredient. MILK, MUSTARD, CELERY and SULPHITES are handled within the factory. Where allergens are stated as being present on the same line or equipment, controls and procedures are in place to limit the risk of contamination. Precautionary allergen labelling will be applied where risk assessment has deemed it necessary and will be indicated above. Although we are a PEANUT, NUT and SESAME FREE site and do not allow nuts, peanuts or sesame seeds on to site, some suppliers of spices use these ingredients within their factories and therefore cannot guarantee their absence. Where this is the case and risk assessment deem it necessary, the relevant precautionary labelling will be applied.

FREE FROM CLAIMS

Gluten-Free	Yes

SUPPLEMENTARY INGREDIENT INFORMATION

Palm Oil	Yes
Is Palm Oil Sustainably Sourced?	Yes
Hydrogenated Vegetable Oil/Fat	No
GM Protein/DNA	No

ADDITIVES

Product Contains:

Artificial Antioxidants	No	Artificial Flavourings	No
Artificial Colours	No	Artificial Preservatives	Yes
Artificial Flavour Enhancers	No	Artificial Sweeteners	No

DIET SUITABILITY

Vegan Diet	Suitable for	Vegetarian Diet	Suitable for
Halal Diet	No	Kosher Diet	No

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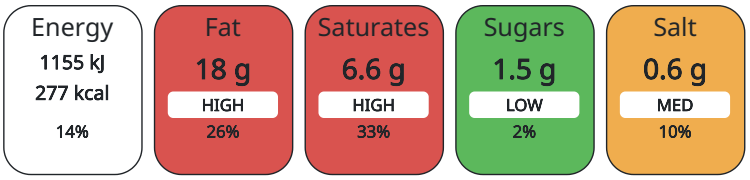
NUTRITIONAL INFORMATION AS SOLD

Each 100g/ml portion contains:



of your reference intake.
Typical values per 100g/ml : Energy 277kcal / 1155kJ

Nutrient	per 100g	RI per 100g
Energy (kJ)	1155 kJ	14%
Energy (kcal)	277 kcal	14%
Fat	18.1 g	26%
of which Saturates	6.6 g	33%
Carbohydrate	23.5 g	9%
of which Sugars	1.5 g	2%
Fibre	3.7 g	
Protein	4.3 g	9%
Salt	0.6 g	10%

Serving Size	90 g
Serving Size Description	One pie
Number of Servings	1 Servings

Source of Nutritional Information Calculation based on known values of ingredients

HANDLING & STORAGE INFORMATION

Directions For Use

For best results, bake from chilled. Defrost in the refrigerator for 12 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 15 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.

Storage Instructions After Opening

Defrost in a refrigerator. Once defrosted, store at <5oC and use within 3 days.

Shelf Life from Time of Production	365 Days
Shelf Life Once Defrosted	3 Days

ACCREDITATIONS/ CERTIFICATIONS/ ASSURANCE SCHEMES

BRCGS Certified

BRCGS Start!

ISO 14001 (Environmental Management)

Other Accreditation

Certified to BRCGS Start! (Intermediate level).

ORIGIN

Product Country of Origin United Kingdom

Additional Origin Details

Product is produced in the UK using ingredients from various countries.

Origin of the Primary Ingredient Not Applicable

PRODUCT CHARACTERISTICS

Standards Testing

Do you undertake trend analysis of microbiological results?	Yes	Is shelf life testing undertaken?	Yes
		Commercially Sterile	No

Microbiological Standards

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Organism	Description	Frequency	Target	Maximum	Sample (g or ml)
Aerobic Colony Count (ACC) (cfu/g or ml)		Quarterly	<10	1×10^4	1
Clostridium Perfringens (cfu/g or ml)		Quarterly	<100	1000	1
E. Coli (cfu/g or ml)		Quarterly	<10	100	1
Enterobacteriaceae (cfu/g or ml)		Quarterly	<10	1000	1
Listeria SPP (cfu/g or ml)	Target is Not Detected	Quarterly	=0	1	25
Coagulase-positive Staphylococci (cfu/g or ml)		Quarterly	<50	500	1
Listeria Monocytogenes (cfu/g or ml)	Target is Not Detected	Quarterly	=0	1	25

ORGANOLEPTICS

Appearance

Pastry is golden with a shiny top. No dark, burnt or discoloured patches. No denting, chipping or collapsing of the pastry. No significant boil out of sauce. Sauce should slowly cascade out of the pie when cut. It should not be loose/watery. Cauliflower and lentils are well distributed through the sauce along with potato, peas and spinach. Cauliflower should not be mushy.

Taste

Fresh vegetable flavour in a gently spiced and aromatic curry sauce.

HAZARD CONTROLS

Metal Detection	Yes

CONFIGURATION

Case Configuration

Total Quantity of Inner Components in Outer Case	24 Units
Is the Outer Case Splittable?	No

Inner Pack Configuration

PRODUCT WEIGHTS

Inner Component

Variable Weight Consumer Item	No
Inner Component Weight	90 g
e mark	Yes

Outer Case

Outer Case Gross Weight	2.4 kg
Outer Case Net Weight	2.16 kg

PRODUCT DIMENSIONS

Inner Component

Inner Component Depth	0 mm
Inner Component Width	0 mm
Inner Component Height	32 mm
Inner Component Diameter	70 mm

Outer Case

Outer Case Depth	445 mm
Outer Case Width	340 mm
Outer Case Height	72 mm

PALLET INFORMATION

Quantity of Cases Per Pallet Layer	6 Cases	**Pallet Type**	UK Standard Pallet
Quantity of Layers Per Pallet	16 Layers	**Pallet Height**	1.4 MTR
Quantity of Cases Per Pallet	96 Cases		

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PACKAGING

Inner Component Packaging

Type	Materials	Weight	Recycled Material %	Recyclable	Returnable	Composite
Foil	Aluminium	0.5 g		Yes	No	
Bag	Plastic / PE (Polyethylene)	20 g	30 %	No	No	

Outer Case Packaging

Type	Materials	Weight	Recycled Material %	Recyclable	Returnable	Composite
Case	Paper/Cardboard / Cardboard	180 g	75 %	Yes	No	
Label	Paper/Cardboard / Paper	0.5 g		Yes	No	

Transport Packaging

Type	Materials	Weight	Recycled Material %	Recyclable	Returnable	Composite
Pallet	Wood	20000 g		Yes	No	
Pallet Wrap	Plastic / LDPE (Low Density Polyethylene)	100 g	30 %	No	No	
Layer Card	Paper/Cardboard / Corrugated	2000 g		Yes	No	

OTHER INFORMATION

Manufacturer Comments

Product is baked in aluminium foil trays. 24 pies are placed in a food grade PE bag inside a cardboard case. A label is applied to the case which details the product name, ingredients, allergens, weight, storage and cooking instructions and the traceability information (batch number and Best Before). Layer cards are placed between layers of cases on the pallet. Cases are secured to the pallet with pallet wrap. Individual pies are metal detected through a Ferrous-in-Foil metal detector. Ferrous test piece of 2.5mm is used.

CONTACT INFORMATION

Address

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The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus.

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