



# Garlo's Pies Product Specification



## Alaskan King Crab Pie 65g

Description

Thin and golden puff pastry, filled with a delicious seafood infused sauce.

Country of Origin

Product of Australia, made in Sydney

Ingredients

Water, Surimi Mix (22%)(Fish, Wheat Starch, Crab Flavour, Flavour Enhancer, Acidity Regulators (450, 451), Colour (120), Paprika Oleoresin, Crab Extract), Wheat Flour (Thiamine, Folic Acid), Thickened Cream (Milk Solids, Gelatin), Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), King Crab Meat (4%), Green Capsicum (4%), Thickener (1422), Parmesan Cheese (Milk, Cultures, Rennet, Anticaking Agent (460, 200)), Whey Powder (Milk, Acidity Regulator (262)), Seasoning (Sugar, Flavour Enhancer (635), Corn Flour, Dehydrated Vegetables, Herbs & Spices, Acidity Regulator (330), Flavour), Black Pepper, Dried Chives, Glaze (Colours (102, 123)).

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	539 kj	829 kj
Protein	3.2 g	4.97 g
Fat - Total	6.6 g	10.23 g
Fat - Saturated	3.9 g	6.02 g
Carbohydrate	13.6 g	20.99 g
Sugars	1.2 g	1.85 g
Sodium	227 mg	349 mg
*Serving size : 65g		

Allergen Status

Contains Gluten (Wheat), Soy and Milk products (Milk Solids, Whey), Crustacea (Crab) and Fish (Surimi). Made in a facility that produces Egg and Sesame products. May contain traces of Peanuts, Treenuts & Sulphites.

Cooking Instructions

CONVECTION OVEN: Preheat oven to 175°C. If refrigerated, heat for 20-25 mins. If frozen 25-30 mins. Heat until thoroughly hot before eating.

MICROWAVE OVEN (800 WATT): A microwave may be used to speed up heating time. If refrigerated heat on high for 1 1/2 mins. If frozen heat on high for 5 mins. To make pastry crispy after microwaving, place in convection oven for 4 mins on 200°C.

Instructions are a guide only as individual oven characteristics may vary.

Suitability Data

Suitable for vegetarians	No
Suitable for vegans	No
Halal certified	No
Kosher certified	No

Product Image

