



# Garlo's Pies Product Specification



## Beef & Mushroom Pie 220g

Description Thin and golden puff pastry, filled with lean minced beef and sliced mushrooms, in a rich brown gravy.

Country of Origin Product of Australia, made in Sydney

Ingredients Water, Beef Mince (21%), Mushrooms (21%)(Acidity Regulator (330)), Wheat Flour (Thiamine, Folic Acid), Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Vegetable Protein (Defatted Soy Flour, Caramel Colour (150d)), Thickener (1422), Seasoning (Sugar, Dehydrated Vegetables (Onion, Garlic), Flavour Enhancer (635), Caramel Colour (150c), Herbs & Spices, Corn Flour, Hydrolysed Vegetable Protein, Rice Flour, Yeast Extract, Maize Starch), Whey Powder (Milk, Acidity Regulator (262)), Glaze (Colours (102, 123)).

### Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1599 kj	727 kj
Protein	16.5 g	7.5 g
Fat - Total	13.0 g	5.9 g
Fat - Saturated	7.0 g	3.2 g
Carbohydrate	55.88 g	25.4 g
Sugars	3.3 g	1.5 g
Sodium	880 mg	400 mg
*Serving size : 220g		

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

Cooking Instructions CONVECTION OVEN: Preheat oven to 175°C. If refrigerated, heat for 25-30 mins. If frozen 35-40 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	Yes
Kosher certified	No

### Product Image

