



# Garlo's Pies Product Specification



## Cheese & Spinach Pastie 200g

**Description** Thin and golden puff pastry, filled with spinach and cheese, in a mashed potato base.

**Country of Origin** Product of Australia, made in Sydney

**Ingredients** Water, Wheat Flour (Thiamine, Folic Acid), Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour), Spinach (11%), Cheese (5%)(Milk, Cultures, Rennet), Seasoning (Sugar, Flavour Enhancer (635), Dehydrated Vegetables (Onion, Garlic), Spices & Spice Extract, Food Acid (330), Flavour, Stabiliser (450), Preservative (223)), Black Pepper, Glaze (Colours (102, 123)).

### Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	2340.0 kj	1170 kj
Protein	11.1 g	5.53 g
Fat - Total	35.0 g	17.5 g
Fat - Saturated	20.8 g	10.4 g
Carbohydrate	48.4 g	24.2 g
Sugars	0.92 g	0.46 g
Sodium	766.0 mg	383 mg
*Serving size : 200g		

**Allergen Status** Contains Gluten (Wheat), Soy and Milk products (Milk Solids, Cheese). 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 20-25 mins. If frozen 30-35 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	Yes*
Suitable for vegans	No
Halal certified	Yes
Kosher certified	No

\*Manufactured on equipment that also processes meat products.

### Product Image

