



Garlo's Pies Product Specification



Chicken & Mushroom Pie 220g

Description

Thin and golden puff pastry, filled with diced chicken breast chunks and sliced mushrooms, in a white gravy.

Country of Origin

Product of Australia, made in Sydney

Ingredients

Water, Chicken Breast (28%), Wheat Flour (Thiamine, Folic Acid), Mushrooms (16%)(Acidity Regulator (330)), Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Thickener (1422), Seasoning (Sugar, Flavour Enhancer (635), Corn Flour, Dehydrated Vegetables (Onion, Garlic), Herbs & Spices, Flavour, Stabiliser (450), Preservative (223), Yeast Extract, Rice Flour), Sesame Seeds, Whey Powder (Milk, Acidity Regulator (262)), Black Pepper, Glaze (Colours (102, 123)).

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1600 kj	727 kj
Protein	20.6 g	9.4 g
Fat - Total	16.8 g	7.6 g
Fat - Saturated	8.8 g	4.0 g
Carbohydrate	37.62 g	17.1 g
Sugars	1.738 g	0.79 g
Sodium	1027 mg	467 mg
*Serving size : 220g		

Allergen Status

Contains Gluten (Wheat), Soy and Milk products (Milk Solids, Whey), and Sesame Seeds. Made in a facility that produces Egg, Fish and Crustacea. 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

