



Garlo's Pies Product Specification



Chunky Beef, Tomato & Onion Pie 220g

Description

Thin and golden puff pastry, filled with diced beef in a tomato & onion flavoured gravy.

Country of Origin

Product of Australia, made in Sydney

Ingredients

Beef (22%), Water, Wheat Flour (Thiamine, Folic Acid), Onion (4%), Celery, Carrot, Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Thickener (1422), Vegetable Protein (Defatted Soy Flour, Caramel Colour (150d)), Seasoning (Sugar, Dehydrated Vegetables (Onion, Potato), Acidity Regulator (330), Flavour Enhancer (635), Caramel Colour (150c), Herbs & Spices, Corn Flour, Rice Flour, Stabiliser (450), Garlic, Lemon Juice, Vinegar (260), Preservative (223)), Tomato (<1%)(Concentrated), Sugar, Whey Powder (Milk, Acidity Regulator (262)), Black Pepper, Glaze (Colours (102, 123)).

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1566 kj	712 kj
Protein	17.7 g	8.1 g
Fat - Total	16.4 g	7.4 g
Fat - Saturated	8.7 g	3.9 g
Carbohydrate	37.994 g	17.3 g
Sugars	2.992 g	1.36 g
Sodium	519 mg	236 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

