



# Garlo's Pies Product Specification



## Cornish Pastie 200g

Description

Flaky and golden puff pastry, filled with lean minced beef and mixed vegetables.

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), Mixed Vegetables (25%)(Peas, Green Beans, Carrot, Cauliflower, Corn, Potato, Onion), Beef Mince (9%), Seasoning (Sugar, Flavour Enhancer (635), Corn Flour, Dehydrated Vegetables (Onion, Garlic), Vegetable Oil, Spices & Spice Extract, Food Acid (330), Flavour, Stabiliser (450), Preservative (223), Caramel Colour (150c)), Black Pepper, Thyme, Glaze (Colours (102, 123)).

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1820.0 kj	910 kj
Protein	8.0 g	4.00 g
Fat - Total	21.6 g	10.8 g
Fat - Saturated	12.4 g	6.2 g
Carbohydrate	52.0 g	26.0 g
Sugars	5.80 g	2.9 g
Sodium	740 mg	370 mg
*Serving size : 200g		

Allergen Status

Contains Gluten (Wheat), Soy and Milk products (Milk Solids), 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 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	No
Suitable for vegans	No
Halal certified	Yes
Kosher certified	No

Product Image

