



Garlo's Pies Product Specification



Lamb & Rosemary Pie 200g

Description Thin and golden puff pastry, filled with diced lamb pieces and mixed vegetables in a rosemary flavoured gravy.

Country of Origin Product of Australia, made in Sydney

Ingredients Lamb (30%), Water, Wheat Flour (Thiamine, Folic Acid), Mixed Vegetables (12%)(Carrot, Cauliflower, Peas, Green Beans, Corn, Dehydrated Onion, Dehydrated Tomato), Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Vegetable Protein (Defatted Soy Flour, Caramel Colour (150d)), Seasoning (Sugar, Dehydrated Vegetables, Acidity Regulator (330), Flavour Enhancer (635), Caramel Colour (150c), Herbs & Spices, Corn Flour, Rice Flour), Thickener (1422), Glaze (Colours (102, 123)), Whey Powder, (Milk, Acidity Regulator (262)), Rosemary (<1%), Black Pepper.

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1720 kj	860 kj
Protein	14.8 g	7.4 g
Fat - Total	18.0 g	9.0 g
Fat - Saturated	9.4 g	4.7 g
Carbohydrate	47.2 g	23.6 g
Sugars	1.2 g	0.6 g
Sodium	700 mg	350 mg
*Serving size : 200g		

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

