



Garlo's Pies Product Specification



Lean Beef Pie 220g

Description

Thin and golden puff pastry, filled with lean minced beef in a rich brown gravy.

Country of Origin

Product of Australia, made in Sydney

Ingredients

Water, Beef Mince (32%), Wheat Flour (Thiamine, Folic Acid), Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Vegetable Protein (Defatted Soy Flour, Caramel Colour (150d)), Thickener (1422), Seasoning (Sugar, Dehydrated Vegetables (Onion, Garlic), Flavour Enhancer (635), Caramel Colour (150c), Herbs & Spices, Corn Flour, Hydrolysed Vegetable Protein, Rice Flour), Whey Powder (Milk, Acidity Regulator (262)), Glaze (Colours (102, 123)), Black Pepper.

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1696 kj	771 kj
Protein	16.3 g	7.4 g
Fat - Total	18.0 g	8.2 g
Fat - Saturated	9.7 g	4.4 g
Carbohydrate	44.22 g	20.1 g
Sugars	3.52 g	1.6 g
Sodium	682 mg	310 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	Available

Product Image

