



Garlo's Pies Product Specification



Pepper Beef Pie 220g

Description Thin and golden puff pastry, filled with lean minced beef in a peppery gravy.

Country of Origin Product of Australia, made in Sydney

Ingredients Water, Beef Mince (25%), 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, Rice Flour), Black Pepper (1%), Whey Powder (Milk, Acidity Regulator (262)), Glaze (Colours (102, 123)).

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1782 kj	810 kj
Protein	17.8 g	8.1 g
Fat - Total	22.2 g	10.1 g
Fat - Saturated	11.0 g	5.0 g
Carbohydrate	38.3 g	17.4 g
Sugars	1.54 g	0.7 g
Sodium	693 mg	315 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

