



Garlo's Pies Product Specification



Pumpkin Spinach & Feta Pie 220g

Description

Thin and golden puff pastry filled with butternut pumpkin, spinach and feta cheese, in a mashed potato base.

Country of Origin

Product of Australia, made in Sydney

Ingredients

Water, Butternut Pumpkin (25%), Wheat Flour (Thiamine, Folic Acid), Spinach (8%), Feta Cheese (4%)(Milk, Rennet, Cultures), Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Cream (Milk, Gelatine), Onion, Potato, Seasoning (Sugar, Flavour Enhancer (635), Corn Flour, Dehydrated Vegetables, Herbs & Spices, Acidity Regulator (330), Flavour, Stabiliser (450), Preservative (223, 202), Colours (102, 122)), Thickener (1422), Glaze (Colours (102, 123)), Whey Powder, (Milk, Acidity Regulator (262)), Cumin, Garlic (Lemon Juice, Vinegar (260)), Black Pepper, Parsley.

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1443 kj	656 kj
Protein	9.2 g	4.2 g
Fat - Total	16.4 g	7.5 g
Fat - Saturated	9.4 g	4.3 g
Carbohydrate	38.9 g	17.7 g
Sugars	3.2 g	1.4 g
Sodium	722 mg	328 mg
*Serving size : 220g		

Allergen Status

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

Product Image



Valid as at June 2016