



# Garlo's Pies Product Specification



## Spicy Mexican Beef Pie 200g

Description

Thin and golden puff pastry, filled with lean minced beef and kidney beans, in a spice infused gravy.

Country of Origin

Product of Australia, made in Sydney

Ingredients

Water, Wheat Flour (Thiamine, Folic Acid), Beef Mince (20%), Tomatoes, Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Red Kidney Beans (6%), Red Capsicum, Thickener (1422), Vegetable Protein (Defatted Soy Flour, Caramel Colour (150d)), Seasoning (Sugar, Dehydrated Vegetables (Onion, Garlic), Flavour Enhancer (635), Caramel Colour (150c), Herbs & Spices, Corn Flour, Hydrolysed Vegetable Protein, Rice Flour, Firming Agent (509), Vinegar (260), Preservative (223)), Whey Powder (Milk, Acidity Regulator (262)), Garlic, Cummin, Chilli Powder, Paprika, Glaze (Colours (102, 123)).

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1650 kj	825 kj
Protein	16 g	8.0 g
Fat - Total	14 g	6.9 g
Fat - Saturated	7 g	3.6 g
Carbohydrate	51 g	25.5 g
Sugars	3 g	1.7 g
Sodium	480 mg	240 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

