



Garlo's Pies Product Specification



Vegetable Mornay Pie 200g

Description Thin and golden puff pastry filled with mixed vegetables and tasty cheese, in a mashed potato base.

Country of Origin Product of Australia, made in Sydney

Ingredients Water, Wheat Flour (Thiamine, Folic Acid), Mixed Vegetables (27%)(Carrot, Cauliflower, Broccoli, Peas, Green Beans, Corn, Onion, Potato), Cheese (5%)(Milk, Cultures, Rennet), Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Cream (Milk Solids, Gelatine), Thickener (1422), Seasoning (Sugar, Flavour Enhancer (635), Corn Flour, Dehydrated Vegetables (Onion, Garlic), Herbs & Spices, Acidity Regulator (330), Flavour, Stabiliser (450), Preservative (223)), Parsley, Mustard Seed, Garlic (Lemon Juice, Vinegar (260)), Glaze (Colours (102, 123)), Black Pepper.

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1570 kj	785 kj
Protein	10 g	4.86 g
Fat - Total	20 g	9.85 g
Fat - Saturated	12 g	5.81 g
Carbohydrate	37 g	18.71 g
Sugars	3 g	1.61 g
Sodium	806 mg	403 mg
*Serving size : 200g		

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

*Manufactured on equipment that also processes meat products.

Product Image

