



Garlo's Pies Product Specification

Chicken Breast Pie 200g

Description

Thin and golden puff pastry, filled with diced chicken breast chunks in a white gravy.

Country of Origin

Product of Australia, made in Sydney

Ingredients

Chicken Breast (28%), Water, Wheat Flour (Thiamine, Folic Acid), Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Thickener (1422), Seasoning (Sugar, Flavour Enhancer (635), Corn Flour, Dehydrated Vegetables (Onion, Garlic), Herbs & Spices, Acidity Regulator (330), Flavour, Stabiliser (450), Preservative (223)), Sesame Seeds, Whey Powder (Milk, Acidity Regulator (262)), Black Pepper, Glaze (Milk Solids, Acidity Regulators (500, 451), Colour (160b)).

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1588 kj	794 kj
Protein	22.2 g	11.1 g
Fat - Total	14.6 g	7.3 g
Fat - Saturated	8.2 g	4.1 g
Carbohydrate	39.4 g	19.7 g
Sugars	6.2 g	3.1 g
Sodium	680 mg	340 mg
*Serving size : 200g		

Allergen Status

Contains Gluten (Wheat), Soy and Milk products (Milk Solids, Whey), and Sesame Seeds. Made in a facility that produces Egg, Fish and Crustacea. 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

