



Garlo's Pies Product Specification

Apple Pie 180g

Description

Golden flaky pastry, filled with cinnamon spiced, freshly diced, Australian Apples.

Country of Origin

Product of Australia, made in Sydney.

Ingredients

Diced Apple (48%), Water, Sugar, Apple Puree, Thickener (1422), Glaze (Milk Solids, Acidity Regulators (500, 451), Maltodextrin, Colour (160b)), Cinnamon. Wheat Flour, Water, Margarine [Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour], Shortening (Vegetable oil), Pastry Conditioner (Sugar, Whey Powder, Acidity Regulator 262 (ii)), Malted Wheat Flour (Barley).

Nutritional Information

	Avg Per Serve	Avg Per 100g
Energy	1790kJ	992 kJ
Protein	6.3 g	3.5 g
Fat - Total	16.2 g	9 g
Fat - Saturated	7.9 g	4.4 g
Carbohydrate	62.7 g	34.8 g
Sugars	19 g	10.6 g
Sodium	182 mg	101 mg
*Serving size : 180g		

Allergen Status

CONTAINS: Gluten (Wheat, Barley) and Milk Products (Milk Solids, Whey Powder)
MAY CONTAIN Traces of Sulphites.

Cooking Instructions

Convection Oven (Preferred): Preheat oven to 175C. Place on baking tray. If frozen heat for 25-35 mins. If refrigerated heat for 20-25 mins or until thoroughly hot.
Microwave oven (800 Watt): A microwave may be used to speed up heating time. Remove from tray and wrap in paper towel. If frozen heat on high for 4 mins. If refrigerated heat for 1.5 mins to make pastry crispier, after microwaving, remove paper towel, place on baking tray and heat in oven at 200C for 4 mins. Heat until thoroughly hot. Instructions are a guide only as oven characteristics vary.

Sustainability Data

Suitable for vegetarians	No
Suitable for vegans	No
Halal certified	No
Kosher certified	No

Product Image

