



Garlo's Pies Product Specification



Spinach & Feta Roll 180g

Description Flaky and golden roll of pastry, filled with spinach and feta cheese, in a mashed potato base.

Country of Origin Product of Australia, made in Sydney

Ingredients Water, Wheat Flour (Thiamine, Folic Acid), Spinach (15%), Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour), Egg, Cheeses (Feta Cheese (4%)(Milk, Cultures, Rennet, Cream, Milk Solids, Vegetable Gum (410))), Seasoning (Sugar, Flavour Enhancer (635), Dehydrated Vegetables (Potato, Onion, Garlic), Spices & Spice Extract, Food Acid (330), Flavour, Stabiliser (450)), Dill, Garlic (Vinegar (260), Preservative (223)), Black Pepper, Glaze (Milk Solids, Acidity Regulators (500, 451), Colour (160b)).

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1706 kj	948 kj
Protein	10.3 g	5.70 g
Fat - Total	21.8 g	12.1 g
Fat - Saturated	14.0 g	7.8 g
Carbohydrate	42.7 g	23.7 g
Sugars	3.6 g	2.0 g
Sodium	774 mg	430 mg
*Serving size : 180g		

Packaging

Inner - Ovenable Paperboard Box
Outer - Cardboard Carton

Storage & Shelf Life

If frozen store below minus 18 degrees celcius for up to 12 months.
If refrigerated store below 5 degrees celcius for up to 7 days.

Allergen Status

Contains Gluten, Egg, Soy and Milk products. 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 20-25 mins. If frozen 30-35 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

