



Garlo's Pies Product Specification

Satay Chicken Pie 200g

Description

Thin and golden puff pastry, filled with diced chicken breast chunks in a satay style sauce.

Country of Origin

Product of Australia, made in Sydney

Ingredients

Chicken Breast (27%), Water, Wheat Flour (Thiamine, Folic Acid), Margarine (Vegetable Oil, Salt, Emulsifiers (471, 472c), Antioxidants (304), Natural Flavour), Seasoning (Sugar, Dehydrated Vegetables, Herbs and Spices, Soy, Coconut Milk Powder (Coconut Milk, Maltodextrin (Tapioca), Milk Proteins (Sodium Caseinate)), Salt, Coconut Cream (Coconut Cream, Stabilisers (415, 412, 407)), Onion, Thickener (1422), Textured Vegetable Protein (Soy), Whey Powder (Milk), Glaze (Milk Solids, Acidity Regulator (500, 451), Dried Glucose Syrup, Colour (160b))

Nutritional Information

	Avg Per Serve*	Avg Per 100g
Energy	1930 kj	965 kj
Protein	21.4 g	10.7 g
Fat - Total	21.4 g	10.7 g
Fat - Saturated	12.8 g	6.4 g
Carbohydrate	42.0 g	21.0 g
Sugars	9.0 g	4.5 g
Sodium	840 mg	420 mg
*Serving size : 200g		

Allergen Status

Contains Gluten (Wheat), Soy and Milk products (Milk Solids, Whey). Made in a facility that produces Sesame, 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	No
Kosher certified	No