

DON'S BAKERY MUSKOKA

All Beef Meat Pies

INGREDIENTS: water, pastry flour (wheat), lean ground beef, vegetable oil shortening (soybeans), flour (wheat), gravy base (salt, colour, monosodium glutamate, hydrolyzed plant protein, dextrose, autolyzed yeast extract, modified palm oil, wheat flour, maltodextrin, sodium aluminosilicate, natural flavour, citric acid, disodium, guanylate, disodium inosinate, sulphites. (soybeans, sulphites, wheat), dehydrated onion, salt, icing sugar, black pepper.

Nutrition Facts		
Valeur nutritive		
Per 1 Pie / Tarte (227 g)		
pour		
Calories 630		% Daily Value*
		% valeur quotidienne*
Fat / Lipides 41 g		55 %
Saturated / saturés 11 g		56 %
+ Trans / trans 0.2 g		
Carbohydrate / Glucides 51 g		
Fibre / Fibres 1 g		4 %
Sugars / Sucres 2 g		2 %
Protein / Protéines 14 g		
Cholesterol / Cholestérol 25 mg		
Sodium 590 mg		26 %
Potassium 200 mg		4 %
Calcium 20 mg		2 %
Iron / Fer 5 mg		28 %
*5% or less is a little, 15% or more is a lot		
*5% ou moins c'est peu, 15% ou plus c'est beaucoup		

