

Product

SP040 Curried Lentil & Vegetable Pie

Supply Details



Simply Pies


34 Kessling Ave, Kunda Park, Qld, 4556

HACCP FSAU10/7757

Stephen Gardiner / Director

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Product Details

Ingredient List in Descending Order	Mixed Vegetables (Carrots, Peas, Corn, Green Beans & Potatoes), Flour, Vegetable Margarine, Lentils, Maize Starch, Seasoning, Curry Powder, Garlic Granules, Baking Powder and Water added 		
Allergens	This product may have come in contact or contain peanuts, tree nuts, sesame seeds, lupin, soy, milk, eggs, wheat, sulphites & sulphur dioxide, shellfish or fish		
Nutrition Information		Per 100 g	Per serve
	Energy (kJ)	689	1380
	Protein (g)	4.2	8.3
	Fat, Total (g)	8	16
	- saturated (g)	4.3	8.6
	Carbohydrate (g)	17.1	34.1
	- sugars (g)	1.4	2.8
	Sodium (mg)	141	282
Preparation/ Cooking Instructions	Product to be thawed prior to heating. Pre-heat oven to 180 °c. Heat product for 12 to 15 minutes in pre-heated oven. Times may vary depending on oven type. Less time for fan-forced ovens. Check at 12 minutes.		