

#### **SAVORY PIE BAKING INSTRUCTIONS**

## PIE BAR

### ROSEMARY CHICKEN **POT PIE**

#### **BAKE FROM FROZEN**

1. Pre-heat Oven to 350F. 2. Bake for 90-120 minutes until filling reaches 165F temp.

BAKE ON RIMMED BAKING SHEET

Nutrition	Amount/serving	% Daily Value*	Amount/serving % Daily Value*		
	Total Fat 11g	14%	Total Carbohydrate 10g	4%	* The % Daily Va (DV) tells you h
Facts	Saturated Fat 6g	30%	Dietary Fiber 1g	4%	much a nutrient a serving of foo
8 servings per container	Trans Fat 0g		Total Sugars 2g		contributes to a
Serving size	Cholesterol 85mg	28%	Includes 0g Added Sugars	0%	daily diet. 2,000 calories a day is
1 Slice (195g)	Sodium 220mg	10%	Protein 14g		used for general nutrition advice.
Calories 200	Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 0.9mg 6% • Potassium 300mg 6%				

NET WT. 52 OZ (3LB 4OZ)

#### **CHICKEN POT PIE**

#### **BAKE FROM FROZEN**

- 1. Pre-heat Oven to 350F.
- 2. Bake for 90-120 minutes until filling reaches 165F temp.

BAKE ON RIMMED BAKING SHEET

# PIE BAR

### ROASTED POT PIE

#### **BAKE FROM FROZEN**

1. Pre-heat Oven to 350F. 2. Bake for 90-120 minutes until filling reaches 165F temp.

BAKE ON RIMMED BAKING SHEET

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving % E	aily Value*	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000
	Total Fat 3.5g	4%	Total Carbohydrate 21g	8%	
	Saturated Fat 2g	10%	Dietary Fiber 3g	11%	
8 servings per container Serving size	Trans Fat og		Total Sugars 4g		
	Cholesterol 10mg	3%	Includes og Added Sugars	0%	calories a day is used for general
1 Slice (170g) Calories per serving 120	Sodium 290mg	13%	Protein 3g		nutrition advice.
	Vitamin D omcg o% · Calcium 3 omg 2% · Iron o.9mg 6% · Potassium 46 omg 10%				
ARROT, MUSHROOM, RED BROCCOLI, MUSHROOMS, E	PEPPER), TOMATO PAST NRICHED BLEACHED FLO	E), SWEET POTATO OUR (WHEAT FLOU	ABLE STOCK (ONION, CELERY, D, CARROTS, PEAS, ONION, R, MALTED BARLEY FLOUR,	Blue 587	sed for Pie Bar by Frog Foods, LLC Love Street tell, GA 30168

NET WT. 48 OZ (3LB)

#### **VEGGIE POT PIE**

#### **BAKE FROM FROZEN**

- 1. Pre-heat Oven to 350F.
- 2. Bake for 90-120 minutes until filling reaches 165F temp.

BAKE ON RIMMED BAKING SHEET



**BAKE FROM FROZEN** 1. REMOVE LID

2. REHEAT: at 350° for 60-90 minutes

Nutrition 32% Total Carbohydrate 31g Total Fat 25g 11% **Facts** Dietary Fiber 5g Total Sugars 6g Cholesterol 105mg 35% Includes 0g Added Sugars 0% 460 Vitamin D 0.2mcg 0% • Calcium 150mg 10% • Iron 4.4mg 25% Potassium 1060mg 20% Calories per serving

U.S.

**INGREDIENTS**: ground beef, potatoes, onions, carrots, celery, garlic, flour, paprika, beef broth, tomatoes, peas, rosemary, worcestershire sauce, butter, bay leaf, cream cheese, milk, salt, black pepper, white pepper

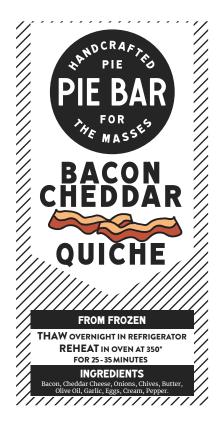


NET WT. 340Z (2LB 20Z)

#### SHEPHERD'S PIE

### FROM FROZEN

REMOVE LID REHEAT: at 350° for 45 minutes



## **BACON QUICHE**

#### **FROM FROZEN**

**THAW** OVERNIGHT IN REFRIGERATOR **REHEAT IN OVEN AT 350°** FOR 25 - 35 MINUTES



### SPINACH QUICHE

#### FROM FROZEN

**THAW** OVERNIGHT IN REFRIGERATOR **REHEAT IN OVEN AT 350°** FOR 25 - 35 MINUTES