

# Product Ingredient Listing Report

Manufacturer: Mario's Pastizzi

## Product: **Chicken & Vegetable Pastizzi**

Size: 600g

### Ingredients List

**Flour** [**Wheat Flour**, Thiamine, Folic Acid], Chicken (15%) [Chicken, Salt, Thickener (1442), Dextrose, Mineral Salts (451, 450, 508, 452), Maltodextrin, Vegetable Gums (407A, 407, 415), **Soy** Protein, Sugar, Flavourings, Food Acid (316), Citrus Fibre, Yeast Extracts, Acidity Regulator (501), Vegetable Oil, Flavour Enhancer (635), Spice Extract], Water, Vegetable Based **Margarine** [Vegetable Oils and Fats, Water, Salt, Emulsifier (322 (**Soy** Derived), 471), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (306 (**Soy**)), Potato (2%), Carrot (2%), Peas (1%), Corn (1%), Chicken Booster [Salt, Sugar, Flavour Enhancer (635), Corn Flour (Maize), Yeast Extract, Dehydrated Vegetables, Vegetable Oil, Flavour, Spices, Colour (150)], Curry, Garlic, Herbs

### Allergen Listing:

"This product contains the following allergens:

Gluten, Soy, Sulphites

May contain Traces: Nuts, Egg, Dairy

### Barcode Number:



### NUTRITION INFORMATION

Servings per package:	12		
Serving size:	50g (approx)		
	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* PER SERVING	AVERAGE QUANTITY PER 100G
Energy	655 kJ (157 Cal)	8%	1310 kJ (313 Cal)
Protein	3.8 g	8%	7.6 g
Fat, Total	7.4 g	11%	14.8 g
- saturated	4.9 g	20%	9.7 g
- trans	LESS THAN 0.1 g		0.1 g
- polyunsaturated	0.8 g		1.5 g
- monounsaturated	3.1 g		6.2 g
Carbohydrate	18.0 g	6%	36.0 g
- sugars	1.5 g	2%	3.0 g
Dietary Fibre, Total	1.1 g	4%	2.2 g
Sodium	300 mg	13%	600 mg

\*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.