

# Product Ingredient Listing Report

Manufacturer: Mario's Pastizzi

## Product: Ricotta Cheese Pastizzi

Size: 600g

### Ingredients List

**Flour** [**Wheat Flour**, Thiamine, Folic Acid], **Ricotta** (30%) [Pasteurised **Milk**, Whey, Salt, Non-animal Rennet, Food Acid (260,270), Starter Culture], 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**)), Thickener (1422)

### Allergen Listing:

"This product contains the following allergens:

Gluten, Dairy, Soy

May contain Traces: Nuts, Egg

### 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	695 kJ (166 Cal)	16%	1390 kJ (332 Cal)
Protein	5.0 g	10%	9.9 g
Fat, Total	8.0 g	11%	16.0 g
- saturated	4.7 g	20%	9.4 g
- trans	LESS THAN 0.2 g		0.3 g
-polyunsaturated	0.6 g		1.1 g
-monounsaturated	2.6 g		5.2 g
Carbohydrate	18.1 g	6%	36.2 g
- sugars	1.8 g	2%	3.5 g
Dietary Fibre, Total	0.9 g	3%	1.8 g
Sodium	210 mg	9%	420 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.