

Product Ingredient Listing Report

Manufacturer: Mario's Pastizzi

Product: Ricotta Cheese & Bacon Pastizzi

Size: 600g

Ingredients List

Flour [**Wheat Flour**, Thiamine, Folic Acid], **Ricotta** (20%) [Pasteurised **Milk**, Whey, Salt, Non-animal Rennet, Food Acid (260,270), Starter Culture], **Bacon** (10%) [**Pork**, Water, Salt, Mineral Salt (451), Sugar, Antioxidant (316), Preservative (250), Potato Starch, Dextrose (Maize)], 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, Pork

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	750 kJ (179 Cal)	9%	1500 kJ (359 Cal)
Protein	4.3 g	9%	8.5 g
Fat, Total	10.5 g	15%	20.9 g
- saturated	5.8 g	24%	11.6 g
- trans	0.2 g		0.3 g
-polyunsaturated	0.8 g		1.6 g
-monounsaturated	3.7 g		7.4 g
Carbohydrate	16.6 g	5%	33.2 g
- sugars	1.5 g	2%	2.9 g
Dietary Fibre, Total	0.9 g	3%	1.7 g
Sodium	355 mg	15%	710 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.