

Product Ingredient Listing Report

Manufacturer: Mario's Pastizzi

Product: Ricotta & Fetta Pastizzi

Size: 600g

Ingredients List

Flour [**Wheat Flour**, Thiamine, Folic Acid], **Fetta** (15%) [Pasteurised **Milk**, Non-animal Rennet, Culture, Salt], **Ricotta** (14%) [Pasteurised **Milk**, Whey, Salt, None Animal Based Rennet, Food Acid (260,270), 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	745 kJ (178 Cal)	9%	1490 kJ (356 Cal)
Protein	4.5 g	9%	8.9 g
Fat, Total	10.3 g	15%	20.5 g
- saturated	5.9 g	25%	11.7 g
- trans	0.2 g		0.3 g
-polyunsaturated	0.8 g		1.5 g
-monounsaturated	3.5 g		7.0 g
Carbohydrate	16.7 g	5%	33.4 g
- sugars	1.5 g	17%	2.9 g
Dietary Fibre, Total	0.8 g	3%	1.6 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.