

Product Ingredient Listing Report

Manufacturer: Mario's Pastizzi

Product: Ricotta & Spinach Pastizzi

Size: 600g

Ingredients List

Flour [**Wheat Flour**, Thiamine, Folic Acid], Spinach (15%), **Ricotta** (14%) [Pasteurised **Milk**, Whey, Salt, None 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)	8%	1390 kJ (332 Cal)
Protein	5.1 g	10%	10.1 g
Fat, Total	7.9 g	11%	15.8 g
- saturated	4.5 g	19%	8.9 g
- trans	0.1 g		0.2 g
-polyunsaturated	0.7 g		1.3 g
-monounsaturated	2.7 g		5.4 g
Carbohydrate	18.3 g	6%	36.6 g
- sugars	1.5 g	2%	3.0 g
Dietary Fibre, Total	0.9 g	3%	1.7 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.