

# Product Ingredient Listing Report

Manufacturer: Mario's Pastizzi

## Product: **Seafood Pastizzi**

Size: 600g

### Ingredients List

**Flour** [**Wheat Flour**, Thiamine, Folic Acid], **Seafood Flakes** (13%) [**Fish**, Water, **Wheat Starch**, **Crab**], Water, Vegetable Based **Margarine** [Vegetable Oils and Fats, Water, Salt, Emulsifier (322 (**Soy**), 471), Natural Flavour, Acidity Regulator (330), Natural Colour (160a), Antioxidant (306 (**Soy**))], **Prawns** (8%) [Shrimp, Salt], Garlic, Onion, Shallots, Potato, Thickener (1422), Sugar, Flavour Enhancer (621), Rice Flour, Maize Starch, Dehydrated Vegetables, Yeast Extract, Spices

### Allergen Listing:

**"This product contains the following allergens:**

Gluten, Crustaceans, Fish, 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	715 kJ (171 Cal)	8%	1430 kJ (342 Cal)
Protein	4.0 g	8%	7.9 g
Fat, Total	8.1 g	12%	16.2 g
- saturated	4.3 g	18%	8.5 g
- trans	LESS THAN 0.1 g		LESS THAN 0.1 g
-polyunsaturated	0.8 g		1.6 g
-monounsaturated	3.1 g		6.1 g
Carbohydrate	19.8 g	6%	39.5 g
- sugars	1.6 g	2%	3.1 g
Dietary Fibre, Total	1.3 g	4%	2.5 g
Sodium	325 mg	14%	650 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.