



Spinach & Cheese Puff Pastry Triangle

Generously filled with the goodness of spinach and feta cheese.

Ingredients

Puff Pastry [Wheat Flour, Margarine (Vegetable Oils, Water, Salt, Emulsifier (471,476, 322 from Soy), Food Acid (330), Flavour, Antioxidants (306 from Soy), Colour (160a), Dextrose, Sugar, Gluten, Mineral Salt (616), Raising Agents (500,450), Preservative (202), Maize Starch], Spinach (25%), Egg, Feta Cheese (5%), (Milk, Cultures, Salt), Onions, Breadcrumbs [Wheat Flour, Bakers Yeast, Iodised Salt, Water, Thiamine, Folic Acid], Wheat Flour, Canola Oil [Antioxidant (307), Emulsifier (900)], Rice Flour, Sesame Seeds, Water, Parsley, Dill, Salt, Sugar, Milk Powder, Vegetable Stock (Yeast Extract), Aniseed, White Pepper. CONTAINS GLUTEN, MILK, EGG, SOY, SESAME, YEAST. MAY CONTAIN TRACES OF TREE NUTS, SULPHITES

Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1665kj (399Cal)	1110kJ (266Cal)
Protein:	9.4g	6.3g
Fat, Total:	18.9g	12.6g
--Saturated:	1.7g	1.1g
Carbohydrates:	35.4g	23.6g
--Sugars:	3g	2g
Dietary Fibre:	1.2g	0.8g
Folate:	34.5ug (17% RDI)	23ug
Sodium:	514mg	343mg
Potassium:	249mg	166mg
Phosphorus:	267mg (27% RDI)	178mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.