



Cheese & Spinach Pie

With a filling of cheese and spinach, this pie is topped with flaky filo, served with lemon pepper sliced potatoes, green beans, topped with tomato and black olives.

This Greek inspired dish is a tasty vegetarian option for everyone.

Ingredients

Pie (40%) [Fresh Spinach, Shallots, Dill, Vegetable Oil, Soyabean Oil, Pre-gelatinised Maize Starch, Eggs, Xanthan Gum (415), Filo Pastry, Pepper, Flavours, Salt, Emulsifiers (471, 322), Antioxidant (320), Wheaten Flour, Feta Cheese], Potatoes [Potatoes, Oil, Lemon Pepper Spice (Salt, Pepper, Rice Flour, Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel, Oil, Lemon Flavour, Lemon Oil), Vegetable Stock (Sea Salt, Maize Maltodextrin, Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli)], Beans, Sauce (Tomato, Onion, Oil, Basil, Garlic, Oregano), Black Olives. CONTAINS WHEAT, GLUTEN, EGG, SOY, DAIRY PRODUCTS. MAY CONTAIN SESAME SEEDS, PEANUTS, TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2508kJ (601Cal)	627kJ (150Cal)
Protein:	20g	5g
Fat, Total:	33.6g	8.4g
--Saturated:	18.8g	4.7g
Carbohydrates:	51.2g	12.8g
--Sugars:	8g	2g
Dietary Fibre:	7.2g	1.8g
Sodium:	1172mg	293mg
Potassium:	1084mg	271mg

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.