



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, **Soybean** Oil, Pre-gelatinised Maize Starch, Pasteurised **Egg**, Xanthan Gum (415), Filo Pastry, Pepper, Flavours, Salt, Emulsifiers (471, 322), Antioxidants (320), **Wheaten** Flour (**Wheat**), Feta Cheese (**Milk**)], Potatoes [Potato, Oil, Lemon Pepper Spice (Salt, Pepper, Rice Flour, Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 2.5%, Vegetable 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 [Tomatoes, Onions, Oil, Garlic, Basil, Oregano], Black Olives. **CONTAINS GLUTEN, WHEAT, EGG, MILK, SOY. MAY CONTAIN SESAME, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.**

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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.