



## Spanakopita

A traditional Greek spinach and feta cheese savoury pie

Spinach is rich in vitamins and minerals which not only assist in keeping our skin healthy but also helps maintain our eyesight and regulate our blood pressure.

## Ingredients

Spinach (33%), Pastry [**Wheat** Flour, Margarine, (contains 322 (**Soy**)), **Eggs**, Onions, Feta Cheese (**Milk**) (6.5%), Breadcrumbs [**Wheat** Flour, Yeast, Salt, Water, Thiamine, Folic Acid], **Wheat** Flour, Canola Oil, White Rice, Rice Flour, Parsley, Salt, Sugar, Dill, Water, Vegetable Stock Powder [Yeast Extract], **Sesame** Seeds, Aniseed, **Milk**, White Pepper.

**CONTAINS GLUTEN, WHEAT, EGG, MILK, SOY, SESAME. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT NUTS & SULPHITES.**

## Nutritional Details

	Regular Size 220g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1789kj (429Cal)	813kJ (195Cal)
Protein:	13.4g	6.1g
Fat, Total:	22.2g	10.1g
--Saturated:	9.9g	4.5g
Carbohydrates:	44.4g	20.2g
--Sugars:	7.3g	3.3g
Dietary Fibre:	2.2g	1g
Sodium:	968mg	440mg

### 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.