Helen's European Cuisine
Unit 7/30 McCotter Street
Acacia Ridge, Qld 4110

Filo - Curry Vegan

Nutrition Information

	Avg Quantity Per Serving (165 g)	Avg Quantity Per 100g
Energy	1440 kJ (343 Cal)	870 kJ (208 Cal)
Protein	8.1 g	4.9 g
Fat, Total	11.8 g	7.1 g
- Saturated	2.4 g	1.4 g
Carbohydrates	50.1 g	30.4 g
- Sugars	4.1 g	2.5 g
Sodium	880 mg	533 mg



Code Number	100041
Product Description	aFilo Vegan (008)
GMO Status	To the best of our knowledge, the ingredients used by Helen's European Cuisine have not been obtained or directly manufactured with the aid of genetic modification techniques, as defined in Standard A18 of the FSANZ Food Standards Code.
Regulatory Criteria: Microbiological and Chemical Testing	Regulatory requirements, microbiological and when applicable chemical testing, are in accordance with Standard 1.6.1 of the FSANZ Food Standards Code.
Ingredients	Fillo Pastry (**Wheat** Flour (**Wheat** Flour, Thiamine And Folic Acid), Water, Wheaten Cornflour, Salt, Canola Oil, Anticaking Agent (341), Preservative (202)), Potato, Onions, Sweet Potato, Water, Chickpeas (Contains Ascorbic Acid (300)), Peas, Carrot, Canola Oil, Coconut Cream, Stabiliser (1412), Curry Powder (1.5%), Salt, Dextrose Monohydrate, Garam Marsala, Cumin, Ginger (Contains Vegetable Gum (412), Preservative (200), Food Acid (300)), Spices, Turmeric.

Finished Product		**Packaging**	
Filling:	As Above	Plastic Non Recyclable:	No
Topping / Decoration:	Curry Powder	Baking Paper Non Recyclable:	Yes
No. of serves per unit:	1	Cardboard Box Recyclable:	From approved supplier
Finished Weight Per Serve:	165 g	Units per Inner:	8
Tolerance:	+ / - 10%	Inners per Outer:	10
		Outers per Layer:	6
		Outers per Pallet:	18

Labelling	Yes on packaging
Ingredients Batch Code / Use By	Yes on packaging
Other	Yes on packaging
Shelf Life	Defrosted Product: 5-7 days from day of defrost when stored at 0°C to 4°C. Frozen Product: 10 months from day of manufacture when stored at –18°C.
Storage Conditions	Store at -18°C
Transport Conditions	Frozen: -18°C
Customer Preparation	Defrost in Refrigeration O°C to 4°C 1 day before then Heat to core temp of 65°C before serving.
Food Safety - HACCP	Helen's European Cuisine is committed to the production of high quality, safe food products. All of our products are manufactured under the globally recognised SQF Food Safety and Quality Management System (SGS Cert. No. 110819) which exceeds the requirements of HACCP Certification.
Allergen Statement	**Contains Gluten, Wheat.** This product is manufactured in a facility that also processes products containing peanuts, wheat, soy, milk, eggs, honey, sesame seeds, sulphites, gluten, lupins, and tree nuts.
Origin Statement	Made in Australia from at least 85% Australian ingredients

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