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

Filo - Gourmet Spinach & Fetta

Nutrition Information

	Avg Quantity Per Serving (180 g)	Avg Quantity Per 100g
Energy	1810 kJ (433 Cal)	1010 kJ (241 Cal)
Protein	15.1 g	8.4 g
Fat, Total	17.3 g	9.6 g
- Saturated	4.5 g	2.5 g
Carbohydrates	51.3 g	28.5 g
- Sugars	4.1 g	2.3 g
Sodium	1070 mg	597 mg



Code Number	Fd01
Product Description	aFilos (006)
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)), Silverbeet, Spinach (10%), Breadcrumbs (**Wheat** Flour, Salt, Sugar, Yeast), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Culture, Non-animal Enzymes, Anticaking Agent (460)), Canola Oil, Cottage Cheese (**Milk**) (Contains Acidity Regulator (330), Preservative (202), Vegetable Gums (412, 410, 415)), Onions, **Sesame** Seeds, Fetta (2%) (**Milk**), **Egg**, **Wheat** Flour, Cake Marg Medium (Contains Emulsifier (471, 475), Preservative (202), Conditioner (330), Flavour, Antioxidant (320), Colour (160a)), Skim **Milk** Powder, Parmesan Cheese (**Milk**) (Contains Anti-caking Agent (460) , Preservative (200)), Stabiliser (1412), Salt, Spices, Dextrose Monohydrate, Nutmeg, Turmeric.

Finished Product		**Packaging**	
Filling:	As Above	Plastic Non Recyclable:	No
Topping / Decoration:	Seseme Seeds	Baking Paper Non Recyclable:	Yes
No. of serves per unit:	1	Cardboard Box Recyclable:	From approved supplier
Finished Weight Per Serve:	180 g	Units per Inner:	6
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	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, Egg, Milk, Sesame.** 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 93% Australian ingredients

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