

46015 | The Phat Pasty Co | 1-20x283g

Phat Butternut Squash Spinach and Vegan Feta Pasty

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Description

Brand Name	The Phat Pasty Co
Country of Origin	UK

Ingredients

Ingredients	WHEAT Flour (Calcium, Iron, Niacin, Thiamin), Palm Oil, Potatoes (9%), Red Onions (9%), Butternut Squash (9%), Spinach Leaf (8%), Vegan Feta (Water, Coconut Oil, Modified Starch, Sea Salt, Vegan Flavourings (Contains CELERY), Colour (Titanium Dioxide), Preservative (Sorbic Acid), Water, Onions, Vegan Mature Cheddar (Water, Coconut Oil, Modified Starch, Sea Salt, Vegan Flavourings, Coconut Sugar, Colour (Natural Beta Carotene, Paprika Extract), Preservative (Sorbic Acid), Modified Maize Starch, Rapeseed Oil, Potato Flakes, Panko Bread Crumb (WHEAT Flour, Salt, Yeast, Rapeseed Oil), Salt, Pepper, Rehydrated Garlic, MUSTARD Seeds, Spirit Vinegar, Garlic Powder, Kibbled Chilli, Herbs (Coriander Leaf, Oregano, Sage, Parsley), Potato Starch, Anti-Caking Agent (Silicium Dioxide), Lemon Juice (from concentrate), Acidity Regulator (Citric Acid), Dextrose.
Is the product made from at least 65% British ingredients?	Yes
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	20
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1167 kJ
Energy (Kilocalories)	279 kcal
Fat, Total	15.8 g
Saturated	9 g
Carbohydrate	28.1 g
Sugars	1.5 g
Dietary Fibre, Total	1.8 g
Protein, Total	4.3 g
Salt	0.81 g
Sodium	320 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Contains
Mustard (and products thereof)	Contains
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Oven	Bake from frozen. Do not defrost. For a conventional fan oven, pre-heat oven to 180C. Place products on baking parchment on a pre-heated baking sheet. Leave 2cm around each product. Bake for approx. 45 - 55 mins until fully cooked. Appliances may vary. Avoid frequent opening of the oven door.
Oven From Frozen	No
Microwave Instructions	No
Fry	000
Grill	No
Other	000

Packaging

Do you have any packaging environmental claims?

Recyclable