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600073 (20) Proper Cornish Frozen 283g Trad Mixed Steak Pasty

Mixed Steak Pasty

PRODUCT DESCRIPTION

A traditional Cornish Pasty consisting of fresh vegetables mixed with diced beef encased in a preglazed hand crimped pastry case. Unbaked. PGI status

Brand	Proper Cornish Food Company	
Manufacturer Product Code	47000	STALLA CON
Product Type	Food	
Product Category	Pies, Pizza, Sausages Rolls, Savouries	
Storage Type	Frozen	NE
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Specification Type	Legacy	The second se

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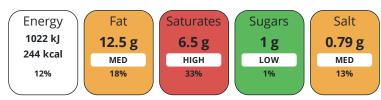
Ingredient Declaration

WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Potato, Beef (12.5%), Vegetable Margarine (Vegetable Oils and Fats [Palm], Water, Salt, Lemon Juice), Water, Swede, Onion, White Shortening (Vegetable Oils and Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Salt, Cornflour, Black Pepper, Glaze (MILK Protein, Dextrose, Vegetable Oil), White Pepper.

INGREDIENTS

ALLERGENS	Product Contains:			
	Celery/Celeriac	No	Mustard	No
	Cereals Containing Gluten	Yes	Nuts (Tree)	No
	Barley	No	Almond nuts	No
	Oats	No	Brazil nuts	No
	Rye	No	Cashew nuts	No
	Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
	Gluten content <20ppm	No	Macadamia (Queensland) nuts	No
	Crustacea	No	Pecan nuts	No
	Eggs	No	Pistachio nuts	No
	Fish	No	Walnuts	No
	Lupin	No	Peanuts	No
	Milk	Yes	Sesame Seeds	No
	Molluscs	No	Soybeans	No
			Sulphur Dioxide and Sulphites	No
DIET SUITABILITY	Suitable for Coeliacs	No	Halal Diet	No
	Kosher Diet	No	Vegetarian Diet	No
	Vegan Diet	No		

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 244kcal / 1022kJ

Nutrient	per 100g/ml	RI per 100g/ml
Energy (kJ)	1022 kJ	12%
Energy (kcal)	244 kcal	12%
Fat	12.5 g	18%
of which Saturates	6.5 g	33%
of which Mono-unsaturates	1.7 g	
of which Polyunsaturates	0.2 g	
Carbohydrate	28.1 g	11%
of which Sugars	1 g	1%
of which Polyols	0 g	
of which Starch	27 g	
Fibre	1.7 g	
Protein	5.7 g	11%
Salt	0.79 g	13%
Sodium	320 mg	

HANDLING & STORAGE INFORMATION

Directions For Use

Bake from frozen in a conventional oven. Arrange frozen products on a baking tray and place into a pre-heated fan oven at 180°C/Gas mark 6. Bake for approximately 45-55 minutes until golden brown. (Guideline only, as appliances vary). Ensure a core temperature of >80°C is reached before serving.

Storage Instructions

Keep frozen, store at -18°C. Do not re-freeze if products have been allowed to thaw. Use within durability date. Handle boxes with care. Do not stack boxes more than 12 high.

ORIGIN	Product Country of Origin/Place of	United Kingdom
	Provenance	
	Additional Origin Details	
	N/A	

CONTACT INFORMATION Address Proper Cornish Food Company 3 Lucknow Road Bodmin Cornwall PL31 1EZ England

<u>P: (Phone)</u> 01208 265 830

Complaints Contact

Justyna Grochowalska Technical Administrator technicaladmins@propercornish.co.uk

P: (Phone) 01208261315

Technical Contact

Geoff Waters Group Technical Manager geoff.waters@propercornish.co.uk

P: (Phone) 01208 265 830

Commercial Contact Proper Cornish Team Sales Team info@propercornish.co.uk

P: (Phone) 01208 265830

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