

# NUTRITIONAL FACTS

MAMIE'S PIES

12 Assorted Pocket Pies, 4 Apple, 4 Cherry, 4 Blueberry  
Cherry

**KEEP FROZEN UNTIL READY TO BAKE**

## TO BAKE:

Remove from packaging and place pie on parchment-lined baking sheet (brush with milk if darker finish is desired). Place in preheated 425°F conventional oven for 20-24 minutes until crust is golden brown. Or, if using a convection oven, bake at 400°F degrees for 17-20 minutes, following above instructions. Ovens may vary, adjust accordingly. Let cool and enjoy.

## INGREDIENTS:

**FILLING:** Cherries, sugar, lemon juice, corn starch and salt

**CRUST:** Pastry flour, enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley flour,) palm oil, water, salt

## CONTAINS: WHEAT

This product was produced on machinery that was used to process products containing:

**TREE NUTS, DAIRY, EGGS and SOY**

GMOs, to the best of our knowledge, are not added in the manufacturing of this product by Gagné Foods or its ingredient suppliers.

Mamie's Pies | San Rafael, CA 94901  
[MamiesPies.com](http://MamiesPies.com)

## Nutrition Facts

**Serving size 1 container (106g)**

Amount per serving

**Calories 310**

% Daily Value\*

**Total Fat 17g 22%**

Saturated Fat 8g 41%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 150mg 7%**

**Total Carbohydrate 35g 13%**

Dietary Fiber 0g 1%

Total Sugars 10g

Includes 7g Added Sugars 15%

**Protein 3g**

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 4%

**Potassium 82mg 2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Manufactured in the  
USA in Bath, Maine



# NUTRITIONAL FACTS

MAMIE'S PIES

## Apple

**KEEP FROZEN UNTIL READY TO BAKE**

### TO BAKE:

Remove from packaging and place pie on parchment-lined baking sheet (brush with milk if darker finish is desired). Place in preheated 425°F conventional oven for 20-24 minutes until crust is golden brown. Or, if using a convection oven, bake at 400°F degrees for 17-20 minutes, following above instructions. Ovens may vary, adjust accordingly. Let cool and enjoy.

### INGREDIENTS:

**FILLING:** Apples, sugar, corn starch and cinnamon

**CRUST:** Pastry flour, enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley flour,) palm oil, water, salt

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Mamie's Pies | San Rafael, CA 94901  
[MamiesPies.com](http://MamiesPies.com)

## Nutrition Facts

**Serving size** 1 pie (128g)

**Amount per serving**

**Calories** **350**

**% Daily Value\***

**Total Fat** 17g **22%**

Saturated Fat 8g **40%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 70mg **3%**

**Total Carbohydrate** 48g **17%**

Dietary Fiber 2g **7%**

Total Sugars 22g

Includes 17g Added Sugars **34%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0mg **0%**

Potassium 79mg **2%**

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Manufactured in the  
USA in Bath, Maine



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# NUTRITIONAL FACTS

MAMIE'S PIES

## Blueberry

KEEP FROZEN UNTIL READY TO BAKE

### TO BAKE:

Remove from packaging and place pie on parchment-lined baking sheet (brush with milk if darker finish is desired).

Place in preheated 425°F conventional oven for 20-24 minutes until crust is golden brown. Or, if using a convection oven, bake at 400°F degrees for 17-20 minutes, following above instructions.

Ovens may vary, adjust accordingly.

Let cool and enjoy.

### INGREDIENTS:

**FILLING:** Blueberries, lemon juice, sugar, salt, corn starch

**CRUST:** Pastry flour, enriched wheat flour (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley flour,) palm oil, water, salt

### CONTAINS: WHEAT

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**TREE NUTS, DAIRY, EGGS and SOY**

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Mamie's Pies | San Rafael, CA 94901

[MamiesPies.com](http://MamiesPies.com)

## Nutrition Facts

**Serving size** 1 pie (120g)

**Amount per serving**

**Calories** **320**

**% Daily Value\***

**Total Fat** 17g **22%**

Saturated Fat 8g **40%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 120mg **5%**

**Total Carbohydrate** 39g **14%**

Dietary Fiber 2g **7%**

Total Sugars 13g

Includes 9g Added Sugars **18%**

**Protein** 3g

Vitamin D 0mcg **0%**

Calcium 9mg **0%**

Iron 0mg **0%**

Potassium 62mg **2%**

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