

Loi Spanakopita - SPINACH AND CHEESE PIE - 400g / 14.1 oz

INGREDIENTS:	Filling 57.5% {spinach cut leaves 31%, cheese 24% [feta 8% (pasteurized goat's and sheep's milk, microbial rennet, lactic culture, salt), mizithra 8% (goat's, sheep's and cow's milk whey, milk cream, salt, antioxidant "lactic acid"), hard cheese 8% (milk, salt, microbial rennet, lactic culture)], filtered water, onion, olive oil, wheat semolina, leek, dill, parsley, salt, pepper powder}, classic filo pastry 37.5% (unbleached unbromated wheat flour, filtered water, cornstarch, salt, dry deactivated yeast), olive oil.
CONTAINS:	WHEAT, MILK
MAY CONTAIN TRACES OF:	EGG, SESAME, WALNUT, ALMOND

Nutrition Facts	
6 servings per container	
Serving size	1/6 pie (67g)
Amount per serving	
Calories	170
<small>% Daily Value</small>	
Total Fat 9g	11%
Saturated Fat 2.0g	10%
<i>Trans Fat</i> 0g	
Cholesterol less than 5mg	2%
Sodium 290mg	13%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.3mg	8%
Potassium 90mg	2%
<small>* The % Daily Value (DV) 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.</small>	

Loi Cheese Pie with Spearmint - 400g / 14.1 oz

INGREDIENTS:	Filling 57.5% {cheese 54% [mizithra 35% (goat's, sheep's and cow's milk whey, milk cream, salt, antioxidant "lactic acid"), feta 19% (pasteurized goat's and sheep's milk, microbial rennet, lactic culture, salt)], filtered water, wheat semolina, natural flavor, salt, spearmint 0.1%, pepper powder, nutmeg powder}, classic filo pastry 37.5% (unbleached unbromated wheat flour, filtered water, cornstarch, salt, dry deactivated yeast), olive oil.
CONTAINS:	WHEAT, MILK
MAY CONTAIN TRACES OF:	EGG, SESAME, WALNUT, ALMOND

Nutrition Facts	
6 servings per container	
Serving size	1/6 pie (67g)
Amount per serving	
Calories	160
	% Daily Value
Total Fat 8g	10%
Saturated Fat 3.0g	15%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1g	2%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.0mg	6%
Potassium 45mg	2%
* The % Daily Value (DV) 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.	