

# Cajun Meat Pies



## COOKING INSTRUCTIONS:

**Deep Frying:** Preheat oil to 350°-375°. Fry Pies from frozen state for 6-7 minutes or until golden brown. Drain on absorbent paper.

**Conventional Oven:** Preheat oven to 350°. Brush Pies with melted margarine or butter. Bake on a non-stick cookie sheet for 30 min. until golden brown and center is heated.

**Microwave Oven:** Not Recommended.

**Cooking Note:** In the frozen state, the filling is fully cooked, only the pastry is uncooked.

## INGREDIENTS:

**Dough:** Bleached Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme added for improved baking) water, vegetable shortening, frozen eggs (Eggs, citric acid), sweet dairy whey, and salt.

**Fillings:** Beef, pork, water, onions, green onions, enriched wheat flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme added for improved baking), salt, crushed red pepper, garlic, ground red pepper, and parsley.

Distributed by:

Fresh Country Fund Raising - Longview, TX 75604

**KEEP FROZEN (12 PIES)**  
NET WEIGHT 15 OUNCES (425g)

## Nutrition Facts

**Serving Size: 2 pies (212 g)**

**Servings Per Container: 6**

### Amount Per Serving

**Calories 610 Calories From Fat 240**

**% Daily Value \***

**Total Fat 27g 41%**

**Saturated Fat 8g 42%**

**Cholesterol 80mg 27%**

**Sodium 720mg 30%**

**Total Carbohydrate 64g 21%**

**Dietary Fiber 21g 83%**

**Sugars 8g**

**Protein 29g**

**Vitamin A 10% • Vitamin C 4%**

**Calcium 4% • Iron 60%**

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

**Calories: 2,000 2,500**

Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4