



A Pure Mediterranean Foods Company

Form NPD-001-E

Version: 5

Supersedes: 12/14/2023

Lot Coding: Shipping Container: 2-digit year + Julian date		Lot Coding: Packaging Container (if applicable): 2-digit year + Julian Date	
Microbiological Standards (if applicable): APC: Coliform: E. coli: Yeast & Mold: Salmonella: Listeria spp:			
Sensory Standards: Appearance: Color: Flavor/Aroma: Texture:			
Chemical Standards (if applicable): % Moisture: % Salt: Viscosity: pH:			
Finished Packaged Product Photo (if available):		Cooking Instructions: Conventional Oven Cooking Instructions <ul style="list-style-type: none">• Preheat oven to 400° F. For Convection Oven, 375°F• Remove plastic wrap from tray. Place tray in oven.• Bake for 60 minutes, until pies are golden brown. Bake for 45 minutes for a Convection Oven.• Hold additional cooked trays in warming box (if needed) above 140° F• Serve from tray. Unused pies should be wrapped in aluminum foil and refrigerated (35° F- 40°F)	

Confidential

9.27.18-BD

Grecian Delight Foods, Inc., 1201 Tonne Road, Elk Grove Village, Illinois, 60007

P: (847)364-1010 Outside Illinois P: (800)621-4387 Fax: (847)364-1073 www.greciandelight.com

Effective date: 9/26/11 Replaces: 11/8/12 Review date: 2/22/13 R:\Specifications in Word-Excel\Product Specs in Word (GDF TEMPLATE)\RSL066 SPANAKOPITA ENTREE-MEDIUM 6 OZ 12-14-2023.docx



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100g Nutritional:				
	Nutrients	Per 100g	Nutrients	Per 100g
	Basic Components		Vitamin B12 (mcg)	--
	Gram Weight (g)	100	Biotin (mcg)	--
	Calories (kcal)	186.44	Vitamin C (mg)	3.058
	Calories from Fat (kcal)	84.66	Vitamin D - IU (IU)	.056
	Calories from SatFat (kcal)	42.33	Vitamin D - mcg (mcg)	--
	Protein (g)	5.42	Vitamin E - Alpha-Toco (mg)	--
	Carbohydrates (g)	21.04	Folate (mcg)	--
	Dietary Fiber (g)	1.13	Folate, DFE (mcg)	--
	Soluble Fiber (g)	--	Vitamin K (mcg)	--
	Total Sugars (g)	.912	Pantothenic Acid (mg)	--
	Monosaccharides (g)	--	Minerals	
	Disaccharides (g)	--	Calcium (mg)	86.493
	Other Carbs (g)	--	Chromium (mcg)	--
	Fat (g)	9.004	Copper (mg)	--
	Saturated Fat (g)	4.577	Fluoride (mg)	--
	Mono Fat (g)	3.102	Iodine (mcg)	--
	Poly Fat (g)	0.759	Iron (mg)	1.482
	Trans Fatty Acid (g)	0	Magnesium (mg)	10.331
	Cholesterol (mg)	15.734	Manganese (mg)	--
	Water (g)	62.316	Molybdenum (mcg)	--
	Vitamins		Phosphorus (mg)	--
	Vitamin A - IU (IU)	235.16	Potassium (mg)	75.012
	Vitamin A - RE (RE)	25.289	Selenium (mcg)	--
	Vitamin A - RAE (RAE)	--	Sodium (mg)	530.9
	Carotenoid RE (RE)	--	Zinc (mg)	--
	Retinol RE (RE)	--	Poly Fats	
	Beta-Carotene (mcg)	--	Omega 3 Fatty Acid (g)	--
	Vitamin B1 (mg)	--	Omega 6 Fatty Acid (g)	--
	Vitamin B2 (mg)	--	Other Nutrients	
	Vitamin B3 (mg)	--	Alcohol (g)	--
	Vitamin B3 - Niacin Equiv (mg)	--	Caffeine (mg)	--
	Vitamin B6 (mg)	--	Choline (mg)	--

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