



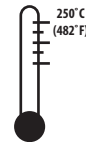
PORTUGUESE  
**PASTEL de NATA**  
 Custard Egg Tart – Petit Flan Portugais



**COOK FROM FROZEN**

**PREPARATION INSTRUCTIONS**

1. Conventional oven, cook from Frozen.
2. Preheat Oven to 250°C (482°F).
3. Remove tarts from package and place on trays.



4. Bake for 15 to 25 minutes. Remove from oven.



*Cooking time depends on the Oven Power.*

**STORAGE METHOD**

Store at -18°C (0.4°F)

**Cannot be refrozen once thawed.**

**Nutrition Facts**

**Valeur nutritive**

Serving 2 tarts (113 g) / pour 2 tartes (113 g)  
 3 Per Container / 3 par contenant

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 310	
<b>Fat / Lipides</b> 15 g	<b>23 %</b>
Saturated / saturés 7 g + Trans / trans 0.1 g	<b>36 %</b>
<b>Cholesterol / Cholestérol</b> 50 mg	
<b>Sodium / Sodium</b> 320 mg	<b>13 %</b>
<b>Carbohydrate / Glucides</b> 38 g	<b>13 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 21 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	4 %

**INGREDIENTS**

**Dough:**

Wheat Flour, Margarine, Water, Salt.

**Filling:**

Water, Sugar, Pasteurized Egg, Powder Milk, Wheat Flour, Corn Starch, Salt, Cinnamon, Lemon Peel.

**Contains:**

Gluten, Eggs, & Milk.



ABC Cork Co. | 653 Wilton Grove Road W | London, Ontario Canada | N6N 1N7 | Tel: 519.668.6160  
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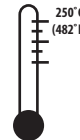
**THAWED PRODUCT**

**PREPARATION INSTRUCTIONS**

1. Thaw the product for about 30 minutes



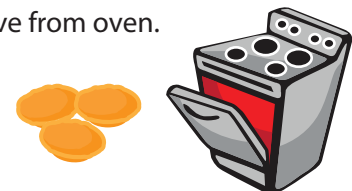
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