



APOLLO

52952 - Dough Fillo (Phyllo) Flat

Use fillo every day, not just for special occasions. It may seem complicated, but it's quick and easy to use. Athens Fillo pastry sheets have no trans fat, no saturated fat and no cholesterol. Low-calorie Athens Fillo Dough is the perfect substitute for high-fat puff pastry, ready-made crusts and canned refrigerated doughs.



* Benefits

Nutrition Facts

Servings per Container 199
Serving size 57 (57g)

Amount per serving
Calories 310

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 64g	23%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 70mg	5%
Iron 4mg	22%
Potassium 110mg	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.

Ingredients

Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Corn Starch, Canola Oil, Salt, Vital Wheat Gluten, Preservatives (calcium propionate, potassium sorbate), Cultured Wheat Flour, Dextrose.

Allergens

Contains:



Free From:



Handling Suggestions

If your fillo is frozen, follow these easy steps to defrost: ; Thawing Fillo Dough ; . Allow fillo to thaw in box at room temperature at least 5 hours.; . Do not open until all other ingredients are assembled and you are ready to work.; . Carefully unroll fillo sheets on a smooth, dry surface. ; . Remove any fillo you don't need for your recipe, reroll, wrap in plastic and set aside.

Serving Suggestions

Turnovers, strudels, pot pies, quiches, enchiladas, pizzas and calzones.

Prep & Cooking Suggestions

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Product Specifications

Brand	Manufacturer
APOLLO	ATHENS FOODS INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
25330	52952	10074702253306	1	1 / 25.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
27lb	25lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.06in	16.13in	5.25in	0.94ft3	6x8	360DAYS	-10°F / 15°F



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Nutrition Analysis - By Serving

Calories	310	Total Fat	2g	Sodium	420mg
Protein	10	Trans Fats	0g	Calcium	70mg
Total Carbohydrates...	64g	Saturated Fat	0g	Iron	4mg
Sugars	1g	Added Sugars	0g	Potassium	110mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

