

04492 | Everyday Favourites | 1Kg

Everyday Favourites Oriental Style Vegetable Mix

Individually quick frozen to retain characteristic flavour and texture

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Description

Legal Product Name	A Mix Of Carrots, Bean Sprouts, Red Onions, Baby Corn Cobs, Mixed Peppers, Bamboo Shoots, Water Chestnuts And Sugar Snap Peas A Mix Of Carrots, Bean Sprouts, Red Onions, Baby Corn Cobs, Mixed Peppers, Bamboo Shoots, Water Chestnuts And Sugar Snap Peas
Unique Marketing Statement	Individually quick frozen to retain characteristic flavour and texture
Brand Name	Everyday Favourites
Country of Origin	UK

Ingredients

Ingredients	Carrots (17%), Bean Sprouts (16%), Red Onions (14%), Baby Corn Cobs (13%), Mixed Peppers (13%), Bamboo Shoots (10%), Water Chestnuts (9%), Sugar Snap Peas (8%)
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	12
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	163 kJ
Energy (Kilocalories)	39 kcal
	0.4 g
	0.1 g
Carbohydrate	6.1 g
Sugars	3.3 g
Dietary Fibre, Total	1.9 g
Protein, Total	1.7 g
Salt	0.02 g
Sodium	8 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Other From Frozen	Shallow fry - medium heat - 3 - 5 mins. Preheat 1 - 2 tablespoons of vegetable oil in in a frying pan. Add the oriental mix and cook for time stated above, stirring well.

Packaging

Do you have any packaging environmental claims?	N/A
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