

07274 | Bannisters' Farm | 2.5Kg

Bannisters Farm Carrot & Swede Mash

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Description

Brand Name	Bannisters' Farm
Country of Origin	United Kingdom

Ingredients

Ingredients	Carrot (38%), Swede (38%), Potato, Whey Powder, Sunflower Oil, Salt, White Pepper.
Is the product made from at least 65% British ingredients?	Yes
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	42
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	222 kJ
Energy (Kilocalories)	53 kcal
Fat, Total	1.45 g
Saturated	0.2 g
Carbohydrate	8.13 g
Sugars	4.54 g
Dietary Fibre, Total	1.5 g
Protein, Total	1.09 g
Salt	0.3 g
Sodium	120 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	Contains
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	No
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	Farm Assured

Preparation Suggestions

Reconstitution Instructions	N/A
Oven	Pre-heat oven to: Electric 475°F, 240°C , Gas Mark 9 and cook in covered pot for 55 minutes.For a crunchy mash heat, in a hot oven, uncovered for 25 minutes.
Microwave Instructions	800 watt:2.5 minutes per portion.Take out and fluff with a fork.
Fry	N/AN/AN/A
Grill	N/A
Other	N/ASteam cook for 10 minutes, stir gently, cook for further 10 minutes.

Packaging

Do you have any packaging environmental claims?

Recycled content and recyclable