

18746 | Everyday Favourites | 90-20g

Everyday Favourites Spiced Butternut Squash Quinoa Bites

Spiced butternut squash with quinoa, carrot and white rice in a golden crispy breadcrumb

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Description

Legal Product Name	Spiced Butternut Squash Quinoa Bites
Unique Marketing Statement	Spiced butternut squash with quinoa, carrot and white rice in a golden crispy breadcrumb
Brand Name	Everyday Favourites
Country of Origin	UK

Ingredients

Ingredients	Butternut Squash (15%), Onion, Water, Rapeseed Oil, Carrot (8%), Rice (8%), Breadcrumb (7%) [(Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron Niacin, Thiamin), Rapeseed Oil, Yeast, Salt, Black Onion Seeds, Cumin, Parsley, Coriander Leaf], Quinoa (5%), Kale, Dried Potato, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Chickpeas, Full Fat Soft Cheese (Milk), Maize Flour, Spice Seasoning Blend [Spices (Fenugreek, Mustard , Coriander, Turmeric, Chilli Powder, Cumin, Fennel, Caraway, Black Pepper, Paprika, Cayenne), Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron Niacin, Thiamin), Salt, Malt Extract (from Barley), Potato Starch, Yeast Extract, Celery , Poppy Seed, Garlic, Onion), Garlic Purée (Garlic, Acidity Regulator: Citric Acid), Salt, Stabilisers (Methyl Cellulose, Cellulose), Sugar, Cumin Seed, Vegetable Bouillon [Maize Starch, Salt, Yeast Extract, Parsnip, Onion, Sugar, Sunflower Oil, Spices (Celery , White Pepper, Garlic, Mace, Lovage, Nutmeg), Parsley, Lovage Extract], Cumin, Chilli Powder.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	90
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	858 kJ
Energy (Kilocalories)	205 kcal
	10 g
	1.200 g
Carbohydrate	22.4 g
Sugars	2.5 g
Dietary Fibre, Total	4.7 g
Protein, Total	4.1 g
Salt	0.73 g
Sodium	292 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Contains
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)	Contains
Mustard (and products thereof)	Contains
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
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Oven From Frozen	Oven:200°C / 400°F/ Gas mark 7 for 10 - 12 minutes. Place product on a baking tray in the middle of a pre-heated oven and cook for time stated above. Turn halfway through cooking.
Fry	Deep fry- Hot oil (180°C) for 3 - 4mins. Deep fry for time stated above. Drain well before serving.

Packaging

Do you have any packaging environmental claims?	No
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