

38581 | Ardo | 2.5Kg

## Honey Glazed Roast Parsnips

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### Description

Brand Name	Ardo
Country of Origin	Belgium, UK

### Ingredients

Ingredients	Parsnip, Water, Wheat Flour, Salt, Palm Oil, Honey
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	31.25
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	816 kJ
Energy (Kilocalories)	195 kcal
Fat, Total	12.9 g
Saturated	6.12 g
Carbohydrate	16.5 g
Sugars	4.9 g
Dietary Fibre, Total	3.2 g
Protein, Total	1.65 g
Salt	0.295 g
Sodium	118 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)	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	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?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	n/a
Reconstitution Instructions	Not applicable
Oven	n/a
Oven From Frozen	Pre-heat oven to 220°C/ 425°F/ Gas Mark 7 and remove all packaging. Place the parsnips evenly on a baking tray and place on the centre shelf of the oven. Cook for 25-30 minutes, until crisp and golden. Half way through cooking turn the product over to ensure an even cook. Ensure product is piping hot before serving. Serve immediately. For fan assisted and miniature ovens refer to manufactures handbook or guidelines.
Microwave Instructions	n/a
Fry	n/an/an/a
Grill	n/a
Other	n/an/an/a

## Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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