

46556, 62858 | Perkier | 1-18x35g

Perkier Cacao & Cashew Quinoa Bar

Delicious cacao and creamy cashew snack bar. Provides nutritious energy, 6g protein and high in fibre. Vegan. Gluten Free. No Palm Oil.



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Description

Legal Product Name	Cashew & Peanut Bar with Cacao
Unique Marketing Statement	Delicious cacao and creamy cashew snack bar. Provides nutritious energy, 6g protein and high in fibre. Vegan. Gluten Free. No Palm Oil.
Brand Name	Perkier
Country of Origin	United Kingdom of Great Britain and Northern Ireland (the) - GB - GBR - 826

Ingredients

Ingredients	Ingredients: Chicory Root Fibre, Dates (Dates, Rice Flour), PEANUTS (15%), CASHEW NUTS (12%), Sunflower Seeds, Protein Crisps (SOY Protein, Tapioca Starch, Salt), Puffed Quinoa, Cacao Powder (3%), Date Syrup, Sunflower Oil.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	18
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1690 kJ
Energy (Kilocalories)	404 kcal
Fat, Total	21 g
Saturated	3.5 g
Carbohydrate	30 g
Sugars	18 g
Dietary Fibre, Total	19 g
Protein, Total	16 g
Salt	0.6 g
Sodium	240 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	Contains
Soybean and Soybean Products	Contains
Milk and Milk Products	May Contain
Tree Nuts (and products thereof)	Contains
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)	Contains
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	May 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
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?	Ready to Eat
Reconstitution Instructions	n/a
Oven	No
Oven From Frozen	No
Microwave Instructions	No
Fry	000
Grill	No
Other	000

Packaging

Do you have any packaging environmental claims?

Recyclable