

50414 | Fridays | 30-6pk

## Free Range Medium Lion Eggs 6PK

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### Description

|                   |                |
|-------------------|----------------|
| Brand Name        | Fridays        |
| Country of Origin | United Kingdom |

### Ingredients

|  |           |
|--|-----------|
| Ingredients  | Hens Eggs |
| Is the product made from at least 65% British ingredients? | Yes       |
| Contains GM Ingredients                                    | No        |

### Nutrition

| Servings per Consumer Unit (Inner) | 6                    |
|------------------------------------|----------------------|
| Nutrients                          | Quantity per 100g/ml |
| Energy (Kilojoules)                | 548 kJ               |
| Energy (Kilocalories)              | 131 kcal             |
| Fat, Total                         | 9 g                  |
| Saturated                          | 2.5 g                |
| Carbohydrate                       | 0 g                  |
| Sugars                             | 0 g                  |
| Dietary Fibre, Total               | 0 g                  |
| Protein, Total                     | 12.6 g               |
| Salt                               | 0.385 g              |
| Sodium                             | 154 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                             | Contains         |
| 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? | Lion Quality / Free Range     |
| Does any other assurance scheme apply to this product?        | Lion Quality                  |

## Preparation Suggestions

|                              |  |
|------------------------------|--|
| Is the product ready to eat? | NA   |
| Reconstitution Instructions  | N/A  |
| Oven                         | NA   |
| Oven From Frozen             | NA   |
| Microwave Instructions       | NA   |
| Fry                          | NA<br>Crack egg into pan and shallow fry for 2-3 minutesNA   |
| Grill                        | NA   |
| Other                        | Government recommendations are that all eggs are thoroughly cooked before consumption.<br>Crack egg into pan and shallow fry for 2-3 minutesNA |

## Packaging

Do you have any packaging environmental claims?

Compostable