

70213 | Birds Eye Green Cuisine | 2-2Kg

Green Cuisine Meat Free Meatballs

Powered by plants Succulent meat-free Rich in protein Source of iron Soy free No artificial colours or flavours Suitable for vegans All Natural Plant Power We pick selected peas from fields Take all the protein goodness* from the dried peas Then add delicious herbs and spices* Protein contributes to the maintenance of muscle mass.

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Description

Unique Marketing Statement	Powered by plants Succulent meat-free Rich in protein Source of iron Soy free No artificial colours or flavours Suitable for vegans All Natural Plant Power We pick selected peas from fields Take all the protein goodness* from the dried peas Then add delicious herbs and spices* Protein contributes to the maintenance of muscle mass.
Brand Name	Birds Eye Green Cuisine
Country of Origin	Spain - ES - ESP - 724

Ingredients

Ingredients	Rehydrated Pea Protein (63%), Rapeseed Oil, Red Onion, Apple Fibre, Pea Flour, Natural Flavourings, Stabiliser (Methylcellulose), Tomato Paste, Garlic Powder, Herbs, Barley Malt Extract, Black Pepper, Pea Fibre, Wholegrain Oat Flour, Potato Starch, Salt, Antioxidant (Extract of Rosemary), Tomato Powder, Mushroom Powder, Onion Powder
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	3
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	987 kJ
Energy (Kilocalories)	236 kcal
Fat, Total	15 g
Saturated	1.3 g
Carbohydrate	6.8 g
Sugars	1.4 g
Dietary Fibre, Total	4.9 g
Protein, Total	16 g
Salt	1.4 g
Sodium	560 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Contains
Oats (as an ingredient)	Contains
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	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?	No
Oven	Instructions: 200°C, Fan 180°C, Gas Mark 6, 13-15 minsPre-heat the oven. Place on a baking tray in the middle of the oven. Turn over halfway through cooking.
Oven From Frozen	No
Microwave Instructions	No
Fry	0Alternatively, Pan Cook.Low Heat 10-15 minsPre-heat 1 tbsp of oil in a non-stick frying pan. Place the Meat-Free Balls in the pan and shallow fry.Turn over occasionally.0
Grill	No
Other	0Alternatively, Pan Cook.Low Heat 10-15 minsPre-heat 1 tbsp of oil in a non-stick frying pan. Place the Meat-Free Balls in the pan and shallow fry.Turn over occasionally.0

Packaging

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