

72685 | Cooks & Co | 1-500g

## Triple Lion Dried Porcini Cèpes

Porcini mushrooms will add a unique flavour and aroma to meat, fish, vegetables and perfect for risottos

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### Description

Unique Marketing Statement	Porcini mushrooms will add a unique flavour and aroma to meat, fish, vegetables and perfect for risottos
Brand Name	Cooks & Co
Country of Origin	France, China, Poland

### Ingredients

Ingredients	100% Boletetus edulis mushroom
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	5
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1849 kJ
Energy (Kilocalories)	442 kcal
Fat, Total	6 g
Saturated	1 g
Carbohydrate	51 g
Sugars	11 g
Dietary Fibre, Total	32 g
Protein, Total	30 g
Salt	0.2 g
Sodium	80 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	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?	No
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	Soak mushrooms in hot water for 20 minutes, drain and rinse then dry the rehydrated mushrooms and add them to all meat, fish or vegetable dishes.
Reconstitution Instructions	Soak mushrooms in hot water for 20 minutes, drain and rinse then dry the rehydrated mushrooms and add them to all meat, fish or vegetable stir fry dishes.
Oven	No
Oven From Frozen	No
Microwave Instructions	No
Fry	00Soak mushrooms in hot water for 20 minutes, drain and rinse then dry the rehydrated mushrooms and add them to all meat, fish or vegetable stir fry dishes.
Grill	No
Other	000

## Packaging

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