

80004 | RAMONA'S | 1Kg

Reduced Fat Houmous

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Description

Brand Name	RAMONA'S
Country of Origin	UK

Ingredients

Ingredients	Cooked Chickpeas (57%) Water Rapeseed Oil Tahini (Sesame Seeds) Modified Maize Starch Citrus Fibre, Salt Acid: Citric Acid Preservative: Potassium Sorbate Garlic Powder Spices Preservative: E234
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	10
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	724 kJ
Energy (Kilocalories)	173 kcal
Fat, Total	9 g
Saturated	0.9 g
Carbohydrate	11.6 g
Sugars	0.7 g
Dietary Fibre, Total	6.2 g
Protein, Total	7.5 g
Salt	3.48 g
Sodium	1370 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)	May Contain
Mustard (and products thereof)	May Contain
Sesame Seeds and Sesame Seed Products	Contains
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	Yes
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
Oven	No
Oven From Frozen	No
Microwave Instructions	No
Fry	000
Grill	No
Other	000

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim