

97658 | Everyday Favourites | 2.5kg

Everyday Favourites Macedoine

An 80g portion of Macedoine counts as one of your 5-a-day

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Description

Legal Product Name	Macedoine. A mix of carrots, swede, turnip and peas.
Unique Marketing Statement	An 80g portion of Macedoine counts as one of your 5-a-day
Brand Name	Everyday Favourites
Country of Origin	Belgium

Ingredients

Ingredients	Carrot (30%), Swede (25%), Turnip (25%), Peas (20%).
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	31
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	173 kJ
Energy (Kilocalories)	41 kcal
	0.4 g
	0.1 g
Carbohydrate	6.3 g
Sugars	4.8 g
Dietary Fibre, Total	2.8 g
Protein, Total	1.7 g
Salt	0.04 g
Sodium	16 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?	Must be cooked before consuming.
Reconstitution Instructions	n/a
Defrosting Instructions	n/a
Microwave Instructions From Frozen	Microwave 750W - Category D - Full Power - 4 mins. Microwave 850W Category E , Full Power 3½ mins. Place 250g of frozen mixed vegetables in a microwaveable dish. Add 2 tablespoons of water, cover and microwave for time stated above stirring halfway through cooking. Allow to stand for 1 minute, drain and serve. Ensure food is piping hot throughout before serving.
Other From Frozen	Boil - 4-5 mins. Place the required quantity of frozen mixed vegetables into sufficient boiling water to cover. salted if preferred. Bring back to the boil and simmer for time stated above. Drain well before serving.

Packaging

Do you have any packaging environmental claims?

No