

98472 | Everyday Favourites | 1kg

## Everyday Favourites Chopped Leaf Spinach

An 80g portion of Chopped Leaf Spinach counts as one of your 5-a-day

Document published: 23 Aug 2020, 09:48:03 PM

**Disclaimer:** As we do not manufacture we warrant only that we will transmit accurately product data (ingredient and allergen) as are received by us from the manufacturer/supplier of such product. By accepting product and image information you agree to obtain our written permission before you transmit such product data or images outside your business. You agree to check for updates and refer to the packaging at all times because product data change regularly. You must not alter the product data or images. If despite this you choose to do so we will not be responsible.



### Description

Legal Product Name	Chopped Leaf Spinach
Unique Marketing Statement	An 80g portion of Chopped Leaf Spinach counts as one of your 5-a-day
Brand Name	Everyday Favourites
Country of Origin	Belgium

### Ingredients

Ingredients	Leaf Spinach chopped.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	13
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	115 kJ
Energy (Kilocalories)	28 kcal
	0.8 g
	0.1 g
Carbohydrate	0.5 g
Sugars	0.3 g
Dietary Fibre, Total	3.0 g
Protein, Total	3.1 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?	NONE
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	To be cooked before being consumed.
Reconstitution Instructions	NA
Microwave Instructions From Frozen	Microwave- 800W Category E- Full power-6 mins. To cook ¼ bag (approx 5 pellets) Place spinach into a non-metallic container. Cover with film and piece several times. Cook for time stated above. Drain and serve.
Other	
Other From Frozen	Boil-High heat reducing down to low - 5-6 mins. To cook ¼ bag (approx 5 pellets): Place spinach in boiling water. Cover, return to boil and simmer for time stated above. Drain well before serving.

## Packaging

Do you have any packaging environmental claims?

Most packaging recyclable, outer case contains recycled content