

98521 | Everyday Favourites | 2.5kg

## Everyday Favourites Diced Swede

Individually quick frozen to retain their characteristic flavour and texture

Document published: 05 Sep 2020, 01:18:22 PM

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### Description

Legal Product Name	Diced Swede
Unique Marketing Statement	Individually quick frozen to retain their characteristic flavour and texture
Brand Name	Everyday Favourites
Country of Origin	UK

### Ingredients

Ingredients	Diced Swede
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)	128 kJ
Energy (Kilocalories)	31 kcal
	0.3 g
	0.1 g
Carbohydrate	5.0 g
Sugars	4.9 g
Dietary Fibre, Total	2.5 g
Protein, Total	0.7 g
Salt	0.03 g
Sodium	0.01 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
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	No
Microwave Instructions From Frozen	Microwave - 800W Category E - Full power for 3 1/2 minutes. Place diced swede into a non-metallic container and add 2 tablespoons of water. Cover with lid or microwaveable film. Cook for time stated above then allow to stand for 1 minutes, drain and serve.
Other From Frozen	Boil - High heat reducing down to low 4-5 minutes. Place diced swede in boiling water. Cover, return to boil then simmer for time stated above. Drain well before serving.

## Packaging

Do you have any packaging environmental claims?	No
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