

200022S Diced Swede (Greens)



Pack Size: 1KG BAG

Details: Diced swede is a lovely winter veg; either serve on its own with a dollop of butter or with diced carrot.

Allergen Information

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Best cooked from frozen

Add the deepfrozen vegetables to boiling water and cook over a gentle heat for approx. 6 - 8 min. Season to taste

Storage Instructions:

Refrigerator: 24 hours

Freezer compartment: 48 hours Freezer: -18°C: see expiry date

Product Ingredients

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Diced swede

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

13 kcal / 57 kJ

Fat:

0 g

of which saturates:

0 g

Carbohydrates:

2 g

of which sugars:

2 g

Fibre:

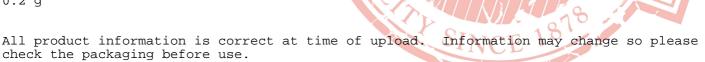
0.7 g

Protein:

1 g

Salt:

0.2 g



If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.