

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

All product information is correct at time of upload. Information may change so please check the packaging before use.

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

