



## 200031S Leaf Spinach Portions (Greens)



**Pack Size:** 1KG BAG

**Details:** Cook from frozen. Perfect for curries, casseroles and stir fries.

### Allergen Information

**Free from:**

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

**Suitable for:**

Halal, Coeliacs, Vegetarians, Vegan

### Handling Information

**Directions For Use:**

Best cooked from frozen

Heat a small quantity of oil or butter in a frying pan, place the frozen vegetables in the pan and allow to simmer on a low heat for approx. 10-12 minutes stirring as required, season to taste

**Storage Instructions:**

Refrigerator: 24 hours

Freezer compartment: 48 hours

Freezer: -18°C: see expiry date

### Product Ingredients

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Leaf spinach (100%)

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

22 kcal / 91 kJ

**Fat:**

0.4 g

**of which saturates:**

0.1 g

**Carbohydrates:**

0.6 g

**of which sugars:**

0.2 g

**Fibre:**

2.3 g

**Protein:**

2.8 g

**Salt:**

0.08 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.

