



## 201231C Vegetable Kiev (Kitchen Range)



**Pack Size:** 12 X 125G

**Details:** A blend of vegetables filled with a creamy garlic sauce and breaded.

### Allergen Information

**Contains:**

Cereal, Gluten, Milk

**Free from:**

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

**Suitable for:**

Halal, Vegetarians

### Handling Information

**Directions For Use:**

From Frozen unless otherwise stated Oven: Pre-heat oven to 220°C/430°F/Gas Mark 7. Place on a baking tray and cook for 20-22 minutes. Deep Fry: Pre-heat oil to 180°C/350°F and deep fry (flat side up) for 9 minutes. Drain well before serving. Ensure Vegetable Kievs are piping hot throughout before serving.

**Storage Instructions:**

Keep Frozen. Store at -18°C or below

### Product Ingredients

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Vegetables (36%) (Carrot, Green Beans, Cauliflower, Sweetcorn), Water, Breadcrumbs (16%) [Fortified Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids)], Fortified

### Nutritional Information

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

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

**Energy:**

229 kcal / 957 kJ

**Fat:**

12.9 g

**of which saturates:**

1.8 g

**Carbohydrates:**

26.9 g

**of which sugars:**

2.2 g

**Fibre:**

3 g

**Protein:**

2.9 g

**Salt:**

0.52 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.