



## 201945S China Oriental Mix (Greens)



**Pack Size:** 1KG BAG

**Details:** Sliced onions, bean sprouts, sliced red peppers, julienne carrots, mange tout, bamboo shoots and leeks.

### 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

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 min. stirring as required.

**Storage Instructions:**

Refrigerator: 24 hours

Freezer compartment: 48 hours

Freezer: -18°C: see expiry date

### Product Ingredients

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TaughÃ© (30%), Red sliced peppers (15%), Cut leeks (15%), Bamboo shoots (10%), Black fungus (10%), Carrots â€˜julienneâ€™ (10%), Sliced onions (5%), Sugarsnaps (5%)

### Nutritional Information

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

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

**Energy:**

27 kcal / 111 kJ

**Fat:**

0.1 g

**of which saturates:**

0 g

**Carbohydrates:**

3.7 g

**of which sugars:**

2.9 g

**Fibre:**

2.5 g

**Protein:**

1.3 g

**Salt:**

0.03 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.