



202033C Mediterranean Wellington (KK Fine Foods)



Pack Size: 12 X 226G

Details: Vegetables marinated in olive oil, tomato and garlic sauce. Oven roasted and mixed with mozzarella, topped with mature cheddar and encased in a golden puff pastry.

Allergen Information

Contains:

Cereal, Eggs, Gluten, Milk

Free from:

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

Suitable for:

Vegetarians

Handling Information

Directions For Use:

From Frozen (Appliances vary - these are guidelines only). Pre-heat oven & baking tray to 220°C/425F/Gas Mark 7, remove product from packaging & place on pre-heated baking tray near top of oven & cook for approx 15 - 20 mins. Ensure product is piping hot prior to serving or a minimum core temperature of 75°C is reached.

Storage Instructions:

Keep frozen at less than -18°C

Product Ingredients

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Puff Pastry (47%) ((Fortified **WHEAT** Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oil (Rapeseed & Palm Oil) Mono and Diglycerides of Fatty Acids), Pasteurised Whole **EGG**, Rubbed Oregano), Vegetables (21%) (Potato, Aubergine, White Onion, Carrot, Red Pepper, Yellow Pepper,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

254 kcal / 1057 kJ

Fat:

17.42 g

of which saturates:

8.92 g

Carbohydrates:

18.9 g

of which sugars:

2.28 g

Fibre:

1.63 g

Protein:

5.38 g

Salt:

0.95 g



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.