



## 203029C Fruit Berry Mix (Ardo)



Pack Size: 10 X 1KG

**Details:** A colourful mix of individually quick frozen berry fruits consisting of: strawberries, redcurrants, cultivated blueberries, blackberries, whole and broken raspberries, and blackcurrants.

### 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:**

Defrost: Remove frozen fruit from all packaging and place on serving plate. Defrost thoroughly for a minimum of 2 1/2 hours at room temperature or for a minimum of 12 hours in the refrigerator. Keep refrigerated once defrosted. Use within 24 hours

**Storage Instructions:**

Keep Frozen

### Product Ingredients

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Redcurrants 25, Strawberries 20%, Blackberries 17.5%, Blackcurrants 15%, Whole and Broken Raspberries 15%, Cultivated Blueberries 7.5%

### Nutritional Information

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

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

**Energy:**

37 kcal / 155 kJ

**Fat:**

0.2 g

**of which saturates:**

0.1 g

**Carbohydrates:**

5.6 g

**of which sugars:**

5.6 g

**Fibre:**

4.6 g

**Protein:**

1 g

**Salt:**

0.01 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.