

## 203183C China Wok Mix (Greens)



**Pack Size:** 10 X 1KG

**Details:** Julienne carrots, yellow sliced peppers, broccoli, baby corn, bean sprouts, bamboo strips, diced leeks and black fungus strips.

### 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:**

Cook from frozen. Prepare as fresh vegetables with reduced cooking time. Add spices to your own taste.

The vegetables are also suitable for preparation in micro-wave

**Storage Instructions:**

Never refreeze thawed products.

Freezer: -6°C: 2 days

-12°C: 1 month

-18°C: see expiry date

### Product Ingredients

**Product Ingredients:**

18% julienne carrots, 16% yellow sliced peppers, 14% broccoli florets, 12% cut baby corn, 12% taugÃ©, 10% bamboo slices, 10% diced leeks, 8% black fungus strips

### Nutritional Information

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

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

**Energy:**

32 kcal / 137 kJ

**Fat:**

0.21 g

**of which saturates:**

0.03 g

**Carbohydrates:**

4.22 g

**of which sugars:**

2.34 g

**Fibre:**

0 g

**Protein:**

2.3 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.

