



203183S China Wok Mix (Greens)



Pack Size: 1KG BAG

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.

