



203254C Mediterranean Vegetable Risotto (KK)



Pack Size: 12 X 340G

Details: Roasted vegetables with sunblush tomatoes in a rich white wine and creamy tomato risotto.

Allergen Information

Contains:

Milk

Free from:

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

Suitable for:

Vegetarians

Handling Information

Directions For Use:

1800 Watt Microwave - (From Frozen) - Loosen lid, defrost on low setting for approx 5 - 6 mins, then cook on med/high power 1 - 2 mins (stir halfway through cooking), continue on med/high power for a further minute. Ensure product is piping hot before serving.

Storage Instructions:

Storage Details: Frozen at - 18C

Product Ingredients

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Vegetables (29%) (White Onions, Courgette, Red Onion, Spinach, Mushroom, Carrot, Red & Yellow Peppers), Arborio Rice (20%), Tomato (13%), Full Fat Soft Cheese (**MILK**), Water, White Wine, Single Cream (**MILK**), Rapeseed Oil, Tomato Puree, Butter (**MILK**), Sun-drenched Tomato (2%) (Sundried

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

161 kcal / 668 kJ

Fat:

9.09 g

of which saturates:

3.89 g

Carbohydrates:

15.88 g

of which sugars:

3.45 g

Fibre:

1.19 g

Protein:

2.62 g

Salt:

1.07 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.