



## 203677C Diced Swede (Greens)



**Pack Size:** 4 X 2.5KG

**Details:** Diced swede is a lovely winter veg; either serve on its own with a dollop of butter or with diced carrot.

### Allergen Information

**Free from:**

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

**Suitable for:**

Kosher, Halal, Vegetarians, Vegan

### Handling Information

**Directions For Use:**

Best cooked from frozen

Add the deepfrozen vegetables to boiling water and cook over a gentle heat for approx. 6 - 8 min.

Season to taste

**Storage Instructions:**

Freezer: -6°C: 2 days

-12°C: 1 month

-18°C: see expiry date

### Product Ingredients

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Diced swede (100%)

### Nutritional Information

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

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

**Energy:**

13 kcal / 57 kJ

**Fat:**

0 g

**of which saturates:**

0 g

**Carbohydrates:**

2 g

**of which sugars:**

2 g

**Fibre:**

0.7 g

**Protein:**

1 g

**Salt:**

0.2 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.

