

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:

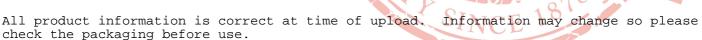
0.7 g

Protein:

1 g

Salt:

0.2g



If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

