



204872C Luxury Vegetable Burger (Paramount)



Pack Size: 24 X 100G

Details: A quality naked vegetable burger made from a mix of puy lentils, grated carrot, spring onions and onion, flavoured with garlic and cumin.

Allergen Information

Free from:

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

Suitable for:

Halal, Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

For best results, cook from frozen.

1. Shallow fry in preheated oil over a medium heat for 5 minutes on each side.
2. Deep fry in preheated oil at 180°C for 4 minutes. Leave to stand for 1 minute before serving.

Storage Instructions:

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

Product Ingredients

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INGREDIENTS: lentils (40%), carrots (16%), onions (11%), pea flour, spring onions (5%), water, tomato puree, cornflour, salt, garlic, cumin seeds, coriander, black pepper, cayenne pepper.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

153 kcal / 646 kJ

Fat:

1 g

of which saturates:

0.1 g

Carbohydrates:

23.1 g

of which sugars:

2.9 g

Fibre:

4.4 g

Protein:

8 g

Salt:

1.2 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.