



205444C Quorn Pieces



Pack Size: 10 X 1KG

Details: Quorn is a nutritious meat-free protein, low in fat and high in fibre.

Allergen Information

Contains:

Eggs

Free from:

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

Suitable for:

Halal, Coeliacs, Vegetarians

Handling Information

Directions For Use:

For best results cook from frozen. Ensure Quorn Pieces are piping hot before serving. All appliances vary, these are guidelines only.

Shallow Fry: Pan fry Quorn Pieces in a little oil for 4 minutes until golden brown. Add sauce and simmer for 15 minutes.

Storage Instructions:

Store at -18°C or below until best before date shown.

Do not refreeze once defrosted.

Product Ingredients

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Mycoprotein (94%), Rehydrated Free Range **EGG** White, Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

96 kcal / 401 kJ

Fat:

2.5 g

of which saturates:

1.1 g

Carbohydrates:

1.2 g

of which sugars:

0.8 g

Fibre:

6.9 g

Protein:

14 g

Salt:

0.6 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.