

## 206069C Quorn Fillets



Pack Size: 12 X 312G

**Details:** Quorn is a nutritious meat-free protein, low in fat and high in fibre. Quorn fillets taste fantastic with a dollop of your favourite sauce or rubbed with herbs and spices and are a great alternative to chicken breasts.

### 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 Fillets are piping hot before serving. All appliances vary, these are guidelines only.

HOB 12 MIN: Quorn Fillets are so convenient, simply heat your sauce then add the Quorn Fillets. Stir, cover and simmer for 12 minutes. Stir occasionally.

**Storage Instructions:**

Keep frozen below -18°C.

Do not refreeze once thawed

### Product Ingredients

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Mycoprotein (85%), Rehydrated Free Range **EGG** White, Natural Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate. Gelling Agent: Pectin.

### Nutritional Information

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

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

**Energy:**

84 kcal / 353 kJ

**Fat:**

1.6 g

**of which saturates:**

0.7 g

**Carbohydrates:**

1.9 g

**of which sugars:**

0.7 g

**Fibre:**

5.5 g

**Protein:**

12.5 g

**Salt:**

0.8 g



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