

206256S Duo of Quinoa & Chickpeas (Greens)



Pack Size: 1.25KG BAG

Details: Quinoa with chickpeas, corn, red pepper and tomatoes seasoned with a sauce.

Allergen Information

Free from:

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

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

. COMBISTEAMER

Put the content of 1 bag in a 1/2 gastronorm tray. Put the tray in the regeneration oven for 10-15 minutes at 135°C.

. MICROWAVE

Storage Instructions:

Never refreeze thawed products.

Freezer: -6°C: 2 days

-12°C: 1 month

-18°C: see expiry date

Product Ingredients

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Vegetables 63% (chickpeas 23%, corn, red pepper, tomatoes), quinoa 23% (water, quinoa), sauce 14% (tomato puree, olive oil, coriander, mixed herbs, salt, garlic puree, pepper).

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

103 kcal / 431 kJ

Fat:

3.9 g

of which saturates:

0.6 g

Carbohydrates:

11.6 g

of which sugars:

2.3 g

Fibre:

3.6 g

Protein:

3.8 g

Salt:

0.81 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.