

206831S Mambonito Premium Salad (Greens Cuisin'eas



Pack Size: 1.25KG BAG

Details: Flavour packed premium salad, ready to simply thaw and serve.

Mambonito is a fresh and tasty salad packed with avocado, edamame beans, azuki beans, black rice and tomatoes, with a fresh and spicy chimichurri dressing.

-Thaw and Serve

-Free flowing- only defrost as little, or as much as needed.

Allergen Information

Contains:

Soya

Free from:

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

Suitable for:

Vegetarians, Vegan

Handling Information

Directions For Use:

Let defrost for 16 hours in the refrigerator and consume within 72 hours.

It is also possible to defrost the salad in the microwave on defrost mode.

250g: 6 min on 160W

500g: 8 min on 160W

Storage Instructions:

Store below -18°C: use best before

Product Ingredients

Product Ingredients:

Black rice 19% (water, black rice), Tomatoes, Avocado 15% (avocado, salt, acidity regulator: citric acid, antioxidant: ascorbic acid), Sauce 14.5% (sunflower oil, garlic, parsley, balsamic vinegar, olive oil, salt, molasses, dried tomatoes, water, shallot, red chili, green chili, herbs and spices, red wine vinegar, vinegar, black

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

144 kcal / 601 kJ

Fat:

7.6 g

of which saturates:

1 g

Carbohydrates:

13 g

of which sugars:

2.1 g

Fibre:

3 g

Protein:

4.3 g

Salt:

1.1 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.