



## 308260S Polenta (Centaur)



**Pack Size:** 1KG BAG

**Details:** A fine, corn-based, storecupboard grain that can be served creamy, set into pieces and fried, or baked in cakes.

### 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:**

Add 1 part of Polenta to 4 to 5 parts hot water. Add seasoning as desired. Bring back to the boil then stir whilst simmering for approximately 45 minutes.

**Storage Instructions:**

Store in cool dry place and in an airtight container after opening

### Product Ingredients

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Yellow Polenta 100% (Maze)

### Nutritional Information

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

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

**Energy:**

346 kcal / 1468 kJ

**Fat:**

0.9 g

**of which saturates:**

0.19 g

**Carbohydrates:**

76.8 g

**of which sugars:**

0.6 g

**Fibre:**

2.1 g

**Protein:**

6.65 g

**Salt:**

0.01 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.

