

Serving Suggestion

GARDEN GOURMET® FILLET PIECES 2 X 2KG

Vegan chicken style pieces made from soya protein, deep frozen.

INGREDIENT LISTING

Rehydrated SOYA Protein Concentrate (90.2%), Rapeseed Oil, Spirit Vinegar, Yeast Extract, Flavouring. May contain EGG, GLUTEN, CELERY, SESAME and MUSTARD.



Nutritional Information Typical Values			kJ	Kcal	Fat	of which: saturates	Carbohydrates	of which: sugars	Fibre	Protein	Salt
% RI*	%		6	5	2	<1	<1			34	8
Per Serving**	G		491	118	3.5	0.3	0.9	0.1	7.4	16.9	0.47
Per 100g	G		655	157	4.7	0.4	1.2	0.1	9.8	22.5	0.63

*Reference Intake of an average adult (8400kJ/2000kcal).

PRODUCT INFORMATION

Number of servings per pack

Contains approx 26 servings**

Serving Size

**Per 75g serving

Storage Instructions

Frozen product. Store at -18°C. Once defrosted, do not refreeze, use immediately

Storage Instructions Once Open

Once defrosted, do not refreeze, use immediately

Shelf Life

15 months

ALLERGEN AND INTOLERANCE INFORMATION

Contains: Soya

May Contain: Eggs, Gluten, Celery, Sesame and Mustard

Free From: Peanuts, Nuts, Crustaceans, Molluscs, Fish, Milk, Lupins and Sulphur Dioxide / Sulphites



PREPARATION GUIDELINES

Oven: 180°C
12-15 min frozen
9-12 min defrosted

Pan: Medium heat
6-8 minutes frozen
4-7 minutes defrosted

ON PACK CLAIMS

Rich in protein
Source of fibre

