

98472 | Everyday Favourites | 1kg

Everyday Favourites Chopped Leaf Spinach

Freshly Frozen IQF Chopped Spinach Leaf Portions

Document Published: 04 Feb 2025, 12:30:38 pm

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Description

Legal Product Name	Chopped Spinach
Unique Marketing Statement	Freshly Frozen IQF Chopped Spinach Leaf Portions
Brand Name	Everyday Favourites
Country of Origin	Belgium, France, Germany, Italy, Netherlands

Ingredients

Ingredients	Spinach
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	12
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	127 kJ
Energy (Kilocalories)	30 kcal
Fat, Total	0.8 g
Saturated	0.1 g
Carbohydrate	1.6 g
Sugars	1.5 g
Dietary Fibre, Total	2.793 g
Protein, Total	2.8 g
Salt	0.35 g
Sodium	140 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
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Wheat	Does NOT Contain
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	SEDEX registered
Can any other sustainability claims be made for this product?	/
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Microwave Instructions From Frozen	800W E - full power - 6 minutes. Place 250g spinach into a non-metallic container. Add 2-3 tablespoons of water and cover with a lid or microwaveable film. Cook for the time stated above, stirring halfway through cooking. Allow to stand for 1 minute before serving. Microwave performances vary by model. Adjust cooking time as needed. Ensure food is piping hot throughout before serving.
Other From Frozen	Place the required amount of spinach into a pan with a little boiling water. Allow the spinach to gently defrost over low heat, stirring occasionally to prevent sticking. Once fully defrosted, cover the pan, bring back to a boil and simmer for a further 1 minute

Packaging

Do you have any packaging environmental claims?	Contains Recycled Content, only applicable for the outer case.
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