

25213 | Everyday Favourites | 30-56g

## Everyday Favourites Vegetable Sausages

A delicious, lightly seasoned meat-free sausage made with onion, carrot and broccoli mixed with white rice.

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### Description

|                            |                                                                                                             |
|----------------------------|-------------------------------------------------------------------------------------------------------------|
| Legal Product Name         | Vegetable Sausage made with cooked rice, broccoli, chopped onion and carrot                                 |
| Unique Marketing Statement | A delicious, lightly seasoned meat-free sausage made with onion, carrot and broccoli mixed with white rice. |
| Brand Name                 | Everyday Favourites                                                                                         |
| Country of Origin          | India                                                                                                       |

### Ingredients

|                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ingredients                                                | Rice (23%), Onion (17%), Water, Carrot (13%), Broccoli (12%), Potato Flakes, WHEAT Flour, Potato Starch, Salt, Yeast Extract, Onion Powder, Parsley, Sugar, Vegetable Stock [Maltodextrin, Salt, Vegetable Powders (Onion, Carrot, Tomato, Garlic), Corn Starch, Sugar, Yeast Extract, Spice Extracts (Pepper, Turmeric), Sunflower Oil, Parsley, Colour: Plain Caramel, Flavoursings], Garlic, Nutmeg Powder. |
| Is the product made from at least 65% British ingredients? | No                                                                                                                                                                                                                                                                                                                                                                                                             |
| Contains GM Ingredients                                    | No                                                                                                                                                                                                                                                                                                                                                                                                             |

### Nutrition

|                                    |    |
|------------------------------------|----|
| Servings per Consumer Unit (Inner) | 15 |
|------------------------------------|----|

| Nutrients             | Quantity per 100g/ml |
|-----------------------|----------------------|
| Energy (Kilojoules)   | 518 kJ               |
| Energy (Kilocalories) | 122 kcal             |
| Fat, Total            | 0.37 g               |
| Saturated             | 0.2 g                |
| Carbohydrate          | 25.2 g               |
| Sugars                | 6.33 g               |
| Dietary Fibre, Total  | 2.2 g                |
| Protein, Total        | 3.43 g               |
| Salt                  | 0.63 g               |
| Sodium                | 251.33 mg            |

### Allergens

|                                                  |                  |
|--------------------------------------------------|------------------|
| Cereals containing Gluten (and products thereof) | Contains         |
| Wheat                                            | Contains         |
| 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?              | No ethical or fairtrade claim |
| Can any other sustainability claims be made for this product? | N/A                           |
| Does any other assurance scheme apply to this product?        | No assurance scheme           |

## Preparation Suggestions

|                              |                                                                                                                                                                             |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Is the product ready to eat? | No                                                                                                                                                                          |
| Oven From Frozen             | Total cooking time: 20 minutes.<br>Preheat oven to 200°C Remove all packaging.<br>Place product on a baking tray in the centre of the oven. Cook for 20 minutes.            |
| Fry From Frozen              | Total Cook Time: 7 minutes.<br>Pre-heat the fryer to 170 °C. Remove all packaging.<br>Place product into the frying basket and lower into the fryer.<br>Cook for 7 minutes. |

Packaging

|                                                 |     |
|-------------------------------------------------|-----|
| Do you have any packaging environmental claims? | N/A |
|-------------------------------------------------|-----|