

83386 | Unbranded | 2.5kg

Mixed Vegetables

Everyday Favourites

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Description

Legal Product Name	Mixed Vegetables
Unique Marketing Statement	Everyday Favourites
Brand Name	Everyday Favourites
Country of Origin	Belgium, France, Netherlands

Ingredients

Ingredients	Carrots, Peas, Green Beans, Broad beans, and Sweetcorn in varying proportions
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	31
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	242 kJ
Energy (Kilocalories)	58 kcal
Fat, Total	0.6 g
Saturated	0.1 g
Carbohydrate	8.2 g
Sugars	5.6 g
Dietary Fibre, Total	4.5 g
Protein, Total	2.6 g
Salt	0.036 g
Sodium	14 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 Members Ethical Trade Audit (SMETA)
Does any other assurance scheme apply to this product?	Other

Preparation Suggestions

Is the product ready to eat?	no
Microwave Instructions From Frozen	800W E-Full power - 5 minutes. Place 225g mixed vegetables 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, drain and serve. Microwave performance may vary by model. Adjust cooking time as needed.
Other From Frozen	Boil- High heat reducing down to low for 4 to 5 minutes. Place mixed vegetables into boiling water, cover, bring back to the boil and simmer for the time stated. Drain well before serving.

Packaging

Do you have any packaging environmental claims?

no