

23354 | Quorn | 2kg

Quorn Vegan Fillets 69g

Vegan fillets are a delicious meat free alternative. Ideal when marinaded or shredded . Made from Mycoprotein so are high in protein & fibre but low in saturated fat.

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Description

Legal Product Name	Quorn Vegan Fillets
Unique Marketing Statement	Vegan fillets are a delicious meat free alternative. Ideal when marinaded or shredded . Made from Mycoprotein so are high in protein & fibre but low in saturated fat.
Brand Name	Quorn

Ingredients

Ingredients	Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, WHEAT Gluten, Stabiliser: Carrageenan
Is the product made from at least 65% British ingredients?	Yes
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	29
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	410 kJ
Energy (Kilocalories)	98 kcal
Fat, Total	1.2 g
Saturated	0.4 g
Carbohydrate	4.9 g
Sugars	0 g
Dietary Fibre, Total	6.3 g
Protein, Total	14 g
Salt	1 g
Sodium	400 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
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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	Yes
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?	None
Does any other assurance scheme apply to this product?	Other

Preparation Suggestions

Oven	Preheat oven to 200°C, Fan 180°C/Gas 6. Brush with a little oil. Place on a baking tray. Cook on middle shelf.
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Packaging

Do you have any packaging environmental claims?	Recyclable
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