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Version 3.2

Status Published

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Quorn Vegan Fillets 69g 3x2kg UK

Vegan Fillets 3x28

PRODUCT DESCRIPTION

Vegan savoury flavour fillet, made with mycoprotein

Manufacturer Product Code	A04635
Product Type	Food
Product Category	Other Vegetarian & Vegan Alternatives
Storage Type	Frozen
Erudus ID	c2495307e281444eb7aab1a2ebf91bb2
Specification Type	Alternatives (Vegetarian and Vegan)

Inner Component GTIN	5019503042863
Manufacturer Component Code	A04635
Outer Case GTIN	05019503043518



INGREDIENTS

Ingredient Declaration

Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, **Wheat** Gluten, Stabiliser: Carrageenan.

Allergy Advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

Ingredient Statements

Allergy Advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

ALLERGENS

Product Contains:

Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	Yes	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

DIET SUITABILITY

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

NUTRITIONAL INFORMATION AS SOLD

Nutrient	per 100g	RI per 100g	per 69g serving	RI per 69g serving
Energy (kJ)	413 kJ	5%	284.97	3%
Energy (kcal)	98 kcal	5%	67.62	3%
Fat	1.2 g	2%	0.83 g	1%
of which Saturates	0.4 g	2%	0.28 g	1%
Carbohydrate	4.9 g	2%	3.38 g	1%
of which Sugars	< 0.5 g	1%	0.35 g	0%
Fibre	6.3 g		4.35 g	
Protein	14 g	28%	9.66 g	19%
Salt	1 g	17%	0.69 g	12%
Sodium	410 mg		282.9 mg	

Serving Size 69 g

Serving Size Description One Vegetarian
Fillet

Number of Servings 28 Servings

Source of Nutritional Information Manufacturers analysis

HANDLING & STORAGE INFORMATION

Directions For Use

Cook from frozen. HOB - 12 MIN Preheat 1 tbsp of oil. Fry over a medium heat, turning frequently. OVEN - 15 MIN Preheat oven to 200°C, Fan 180°C/Gas 6. Brush with a little oil. Place on a baking tray. Cook on middle shelf. All appliances vary, these are guidelines only. Check product is piping hot before serving.

Storage Instructions

Keep frozen below -18°C. Do not refreeze once thawed

ORIGIN

Product Country of Origin United Kingdom

Additional Origin Details

UK

Origin of the Primary Ingredient

CONTACT INFORMATION

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