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# Vegan Spiced Cauliflower, Spinach & Lentil Pie (VG) 260g x 6

Vegan Spiced Cauliflower, Spinach & Lentil Pie (Vg) 260g X 6 6x260g

## PRODUCT DESCRIPTION

Vegan shortcrust pastry pie with a filling of spiced cauliflower, spinach and red lentils

Brand	Little & Cull Ltd
Manufacturer Product Code	PF6021
Product Type	Food
Product Category	Other Vegetarian & Vegan Alternatives
Storage Type	Frozen
Erudus ID	5ea7982b52a64a4bbd9430862173eeb1
Specification Type	Alternatives (Vegetarian and Vegan)



Outer Case GTIN 5060376277418



## INGREDIENTS

### Ingredient Declaration

WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], margarine [vegetable oils and fats (palm, rapeseed), water, salt, lemon juice, emulsifier (E471), flavourings, colours (E160b(i), E100)], water, cauliflower (10%), coconut milk [coconut, water], onion purée, red split lentils (6%), tomatoes, peas, potato, spinach (3%), tapioca starch, rapeseed oil, vegetable shortening [vegetable oils and fats (palm, rapeseed), water, salt, lemon juice], garlic purée, ginger, tomato purée, salt, sugar, cumin seed, coriander leaves, cumin, garam masala [coriander, cumin, black pepper, cassia cinnamon, dill, ginger, cloves], ground coriander, ground ginger, MUSTARD seeds, turmeric, lemon juice [with preservative (E224)], lemon zest, black pepper, chilli powder, cornflour, pea protein.

### Ingredient Statements

For allergens, including cereals containing GLUTEN, see ingredient in CAPITALS.

ALLERGENS

Product Contains:

Celery/Celeriac	No
Cereals Containing Gluten	Yes
Barley	No
Oats	No
Rye	No
Wheat (including Spelt and Khorasan)	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No

Mustard	Yes
Nuts (Tree)	No
Almond nuts	No
Brazil nuts	No
Cashew nuts	No
Hazelnuts	No
Macadamia (Queensland) nuts	No
Pecan nuts	No
Pistachio nuts	No
Walnuts	No
Peanuts	No
Sesame Seeds	No
Soybeans	No
Sulphur Dioxide and Sulphites	No

Allergen Statement On Pack

For allergens, including cereals containing GLUTEN, see ingredient in CAPITALS.

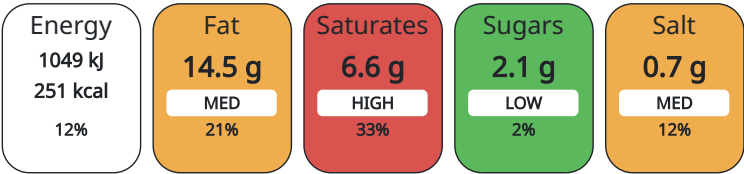
DIET SUITABILITY

Vegan Diet	Suitable for
Halal Diet	No

Vegetarian Diet	Suitable for
Kosher Diet	No

NUTRITIONAL  
INFORMATION AS  
SOLD

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 251kcal / 1049kJ

Nutrient	per 100g	RI per 100g	per 260g serving	RI per 260g serving
Energy (kJ)	1049 kJ	12%	2727.4	32%
Energy (kcal)	251 kcal	13%	652.6	33%
Fat	14.5 g	21%	37.7 g	54%
of which Saturates	6.6 g	33%	17.16 g	86%
Carbohydrate	26.9 g	10%	69.94 g	27%
of which Sugars	2.1 g	2%	5.46 g	6%
Fibre	2.1 g		5.46 g	
Protein	4.2 g	8%	10.92 g	22%
Salt	0.7 g	12%	1.82 g	30%
Sodium	262 mg		681.2 mg	
Serving Size	260 g			

HANDLING &  
STORAGE  
INFORMATION

Directions For Use

Remove all packaging prior to defrost; snip the foil and carefully peel away. Defrost before use. Once defrosted, do not refreeze.

Place on a baking tray in a preheated fan oven at 190°C and cook for 20 – 22 minutes. These are guidelines only, always check food is piping hot throughout before serving.

Storage Instructions

Frozen, store below -18°C. After defrost, store below 5°C.

ORIGIN

Product Country of Origin                      United Kingdom

Additional Origin Details

Manufactured in the UK

Origin of the Primary Ingredient                      Belgium

CONTACT  
INFORMATION

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