

520048

GF VEGAN PENANG CURRY

Gf Vegan Penang Curry

PRODUCT DESCRIPTION

An aromatic gluten free coconut sauce with cauliflower, green beans, mangetout and peppers

Brand	Paramount 21 Ltd
Manufacturer Product Code	F0864
Product Type	Food
Product Category	Vegetarian
Storage Type	Frozen
Erudus ID	48e20bf27ca940b58f5e2fbf29456285
Specification Type	Legacy



Outer Case GTIN 5024030008640



INGREDIENTS

Ingredient Declaration

INGREDIENTS: coconut milk (44%) [coconut, water], cauliflower (13%), green beans (13%), peppers (yellow & red peppers in varying proportions) (11.5%), mangetout (6%), red curry paste [red chilli, salt, ginger, garlic, lemongrass, paprika, coriander, shallots, lime leaves, cumin, red pepper, yeast extract], demerara sugar, lemongrass puree, water, modified maize starch, lime leaves.

ALLERGENS

Product Contains:

Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Gluten content <20ppm	Yes	Macadamia (Queensland) nuts	No
Crustacea	No	Pecan nuts	No
Eggs	No	Pistachio nuts	No
Fish	No	Walnuts	No
Lupin	No	Peanuts	No
Milk	No	Sesame Seeds	No
Molluscs	No	Soybeans	No
		Sulphur Dioxide and Sulphites	No

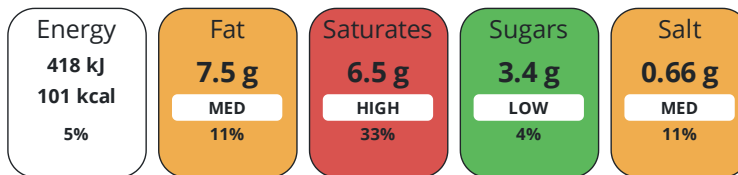
Additional Allergen Information

ALLERGY ADVICE: For allergens, see ingredients in CAPITALS.

DIET SUITABILITY

Suitable for Coeliacs	Yes	Halal Diet	Suitable for
Kosher Diet	No	Vegetarian Diet	Suitable for
Vegan Diet	Suitable for		

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 101kcal / 418kJ

Nutrient	per 100g/ml	RI per 100g/ml	per 300g/ml serving	RI per 300g/ml serving
Energy (kJ)	418 kJ	5%	1254 kJ	15%
Energy (kcal)	101 kcal	5%	303 kcal	15%
Fat	7.5 g	11%	22.5 g	32%
of which Saturates	6.5 g	33%	19.5 g	98%
of which Mono-unsaturates	0.5 g		1.5 g	
of which Polyunsaturates	0.2 g		0.6 g	
Carbohydrate	7.7 g	3%	23.1 g	9%
of which Sugars	3.4 g	4%	10.2 g	11%
of which Starch	2.1 g		6.3 g	
Fibre	2.2 g		6.6 g	
Protein	1.8 g	4%	5.4 g	11%
Salt	0.66 g	11%	2 g	33%

Serving Size 300 g

Directions For Use

For best results, cook from frozen. Microwave (950W): pierce film lid. Place on microwaveable plate. Cook at 440W for 6 minutes. Carefully remove film and stir. Replace film. Cook on full power for 2 minutes. Stir before serving. Merrychef (1725W): pierce film lid. Place on microwaveable plate. Cook on 50% power for 6 minutes. Carefully remove film and stir. Replace film. Cook on 100% power for 1 minute. Stir before serving. All cooking appliances vary in performance, these are guidelines only. Always check that the product is piping hot throughout before serving.

Storage Instructions

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

Product Country of Origin/Place of United Kingdom

Provenance

Additional Origin Details

N/A

CONTACT
INFORMATION

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