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Erudus ID 47a19edea24d4eb3a35d3c98e6e94691

Version 2.0

Status Published

440088

SWEET POTATO, CHICKPEA AND SPINACH CURRY 12 x 350G

Sweet Potato, Chickpea And Spinach Curry

PRODUCT DESCRIPTION

Diced sweet potato with cooked chickpeas, diced red peppers and spinach in mildly spiced coconut curry sauce

Manufacturer Product Code V826350

Effective Date Jul 1, 2024

Product Type Food

Product Category Other Vegetarian & Vegan Alternatives

Storage Type Frozen

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Specification Type Alternatives (Vegetarian and Vegan)



Outer Case GTIN

05015274309365



INGREDIENTS

Ingredient Declaration

Water, Sweet Potato (22%), Chickpeas (17%), Onion, Coconut (5%), Red Pepper (3.5%), Spinach (3.5%), Rapeseed Oil, Desiccated Coconut, Garlic Purée, Modified Maize Starch, Spices (contains MUSTARD), Tomato Paste, Salt, Sugar, Tamarind Paste, Crushed Dried Red Chillies, Green Chilli Purée.

ALLERGENS

Product Contains:

Celery/Celeriac	No
Cereals Containing Gluten	No
Barley	No
Oats	No
Rye	No
Wheat (including Spelt and Khorasan)	No
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

Additional Allergen Information

ALLERGEN ADVICE: for allergens see ingredients in BOLD.

DIET SUITABILITY	Vegan Diet	Certified		Vegetarian Diet	Certified
	Halal Diet	No		Kosher Diet	No
NUTRITIONAL INFORMATION AS SOLD	Nutrient	per 100g	RI per 100g	per 350g serving	RI per 350g serving
	Energy (kJ)	438 kJ	5%	1533	18%
	Energy (kcal)	105 kcal	5%	367.5	18%
	Fat	5.63 g	8%	19.71 g	28%
	of which Saturates	2.77 g	14%	9.7 g	49%
	of which Mono-unsaturates	1.83 g		6.41 g	
	of which Polyunsaturates	0.78 g		2.73 g	
	Carbohydrate	9.1 g	4%	31.85 g	12%
	of which Sugars	2.47 g	3%	8.65 g	10%
	of which Polyois	0 g		0 g	
	Fibre	2.53 g		8.86 g	
	Protein	3.23 g	6%	11.31 g	23%
	Salt	0.43 g	7%	1.51 g	25%
	Sodium	172 mg		602 mg	
	Serving Size	350 g			
	Serving Size Description	per pack			
	Number of Servings	1 Servings			
NUTRITIONAL INFORMATION AS PREPARED	Source of Nutritional Information	Manufacturers analysis			
	Nutrient	per 100g/ml prepared	RI per 100g/ml prepared	per 350g prepared	RI per 350g/ml prepared
	of which Sugars			8.6 g	10%
HANDLING & STORAGE INFORMATION	Directions For Use				
	Cook from frozen. HOB: Place pouch into a pan of boiling water, return to boil and simmer for 20 minutes, carefully remove pouch from pan, pour contents on to a serving plate. Ensure product is piping hot throughout before serving. MICROWAVE (1800W): Place pouch on a microwaveable dish, pierce film several times, cook on full power for 4 minutes, agitate pouch and stand for 1 minute. Cook for a further 1 minute. Ensure product is piping hot throughout before serving.				
ORIGIN	Storage Instructions				
	Keep frozen at -18°C or below				
	Storage Instructions After Opening				
	Keep refrigerated at 0 - 5°C				
	Product Country of Origin	United Kingdom			
	Additional Origin Details				
	n/a				
	Origin of the Primary Ingredient				

CONTACT
INFORMATION

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