



## Country Range Ground Mixed Spice - 1x480g

### Product Disclaimer:

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### Product Images



## Allergens

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|           |    |
|-----------|----|
| Celery    | No |
| Gluten    | No |
| Crustacea | No |
| Eggs      | No |
| Fish      | No |
| Lupin     | No |
| Milk      | No |
| Molluscs  | No |
| Mustard   | No |
| Nuts      | No |
| Peanuts   | No |
| Sesame    | No |
| Soybeans  | No |
| Sulphites | No |

## Ingredients

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|             |  |
|-------------|--|
| Ingredients | Cinnamon, Coriander, Caraway, Ginger (4%), Nutmeg (3%), Cloves, Fennel, Turmeric (0.1%). |
|-------------|--|

## Dietary Information

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|                                |     |
|--------------------------------|-----|
| Approved for a Halal Diet      | No  |
| Approved for a Kosher Diet     | No  |
| Suitable for Coeliacs          | Yes |
| Suitable for Lactose-Free Diet | Yes |
| Suitable for a Vegan Diet      | Yes |
| Suitable for a Vegetarian Diet | Yes |

## Nutritional Information

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|   |          |
|---|----------|
| Carbohydrate Per 100g (g)                 | 21.9 g   |
| Carbohydrate of which Sugars per 100g (g) | 2 g      |
| Fat per 100g (g)                          | 10.1 g   |
| Fat of which Saturates per 100g (g)       | 1.5 g    |
| Fibre per 100g                            | 44.1 g   |
| Energy per 100g (kcal)                    | 291 kcal |
| Energy per 100g (kJ)                      | 1215 kJ  |
| Protein per 100g (g)                      | 9.4 g    |
| Salt per 100g (g)                         | 0.1 g    |