



Micro Ruby Chard

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Product Images

Allergens

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

Ingredients	Micro Ruby Chard
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Dietary Information

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

Carbohydrate Per 100g (g)	2.9
Carbohydrate of which Sugars per 100g (g)	0.6
Fat per 100g (g)	0.2
Fat of which Saturates per 100g (g)	Trace
Energy per 100g (kcal)	19
Energy per 100g (kj)	81
Protein per 100g (g)	1.8
Salt per 100g (g)	0.53