



## Symplicity Ragu - 3x2kg

**Product Disclaimer:**

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### Product Images



## Allergens

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Celery	Yes
Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	May Contain
Nuts	May Contain
Peanuts	May Contain
Sesame	No
Soybeans	Yes
Sulphites	<10mg

## Ingredients

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Ingredients	Tomato (24%), Mushrooms (16%), Onions (10%), Red Wine [SULPHITES], Carrots, CELERY, Water, Olive Oil, WHEAT Flour, Tomato Puree (2%), Beetroot (2%), Tamari Soy Sauce [SOYBEANS], Rapeseed Oil, Miso [SOYBEANS], Garlic, Flavour Enhancer: Monosodium Glutamate. Bulgur WHEAT, WHEAT flour (With Added Calcium, Iron, Niacin, Thiamin), Thyme, Salt, Emulsifier: Methyl Cellulose, Black Pepper.
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## Dietary Information

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Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
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)	4.4 g
Carbohydrate of which Sugars per 100g (g)	2.8 g
Fat per 100g (g)	7.5 g
Fat of which Saturates per 100g (g)	1 g
Fibre per 100g	1.3 g
Energy per 100g (kcal)	101 kcal
Energy per 100g (kJ)	419 kJ
Protein per 100g (g)	3.4 g
Salt per 100g (g)	1.05 g