

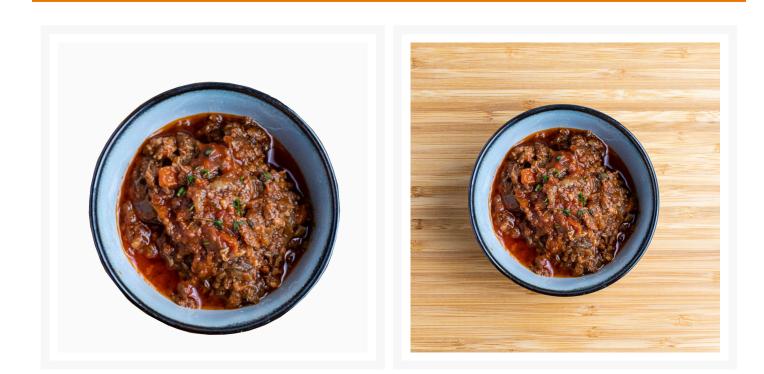


Symplicity Ragu - 3x2kg

Product Disclaimer:

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Product Images



Allergens

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

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

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

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