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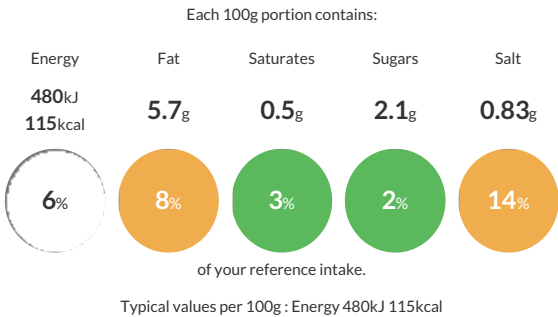
Ard Quinoa Veg Stir Fry 10x1kg

Short Product Name:
Quinoa Veg Stir Fry

Tomatoes, curly kale, leek and soy beans with quinoa and brown rice, in a curry-ginger-seasoning, deep frozen. The used ingredients and raw materials are in accordance with the valid Ardo Austria Frost-Specifications.

Traded Unit GTIN: 5411361087381 Internal GTIN: 5411361087374 Supplier : Ardo UK Suppliers Product Code : 10001064 / 3UQG310

Reference Intake





Nutritional Information


Typical Values	Per 100g
Energy	480kJ 115kCal
Carbohydrates	11.2g
of which sugars	2.1g
Fat	5.7g
of which saturates	0.5g
Fibre	2.2g
Protein	3.6g
Salt	0.83g


Allergy Information


Key: Contains May Contain



Does Not Contain Cereal/Gluten



Does Not Contain Milk



Does Not Contain Eggs



Does Not Contain Peanuts



Does Not Contain Nuts



Does Not Contain Crustaceans



Does Not Contain Mustard



Does Not Contain Fish



Does Not Contain Lupin


Does Not Contain Sesame


Does Not Contain Celery


Contains Soya


Does Not Contain Molluscs


Does Not Contain Sulphur Dioxide

Dietary Information

Key: Suitable for


Suitable for Vegetarian


Suitable for Vegan


May not be suitable for Kosher


May not be suitable for Halal


NO DATA for Coeliac

Ingredients

Vegetables 63% (tomatoes, curly kale, **SOY BEANS**, red onion, leek; in various proportions), quinoa precooked 17% (water, quinoa), brown rice, sunflower oil, water, seasoning (salt, maltodextrin, spices), sugar, curry powder, salt, garlic powder, ginger ground

Ingredients % Information
Tomatoes diced 23
Quinoa precooked 17 water, quinoa
Curly kale 16
Rice brown
Soy beans 10
Onion red 8
Leek julienne 6
Sunflower oil
Water
Seasoning salt, maltodextrin, spices, sunflower oil
Sugar
Curry powder curcuma, coriander, fenugreek, ginger, cumin, salt, corn starch, cayenne pepper
Salt
Spices garlic powder, ginger ground