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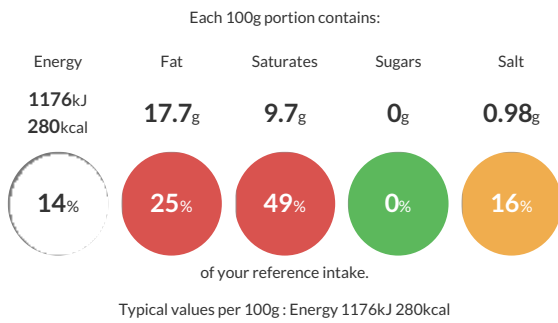
## Fable Plant Based Meaty Pulled Mushrooms 1kg

Short Product Name:  
 FB042

A delicious and succulent culinary protein made from shiitake mushrooms. Crafted using simple and natural ingredients you'd recognise. Strictly free from GMO, preservatives and artificial ingredients. It's real food, real mushrooms – but better. Use it in all the same ways as braised beef, pulled pork and in some new ways too!

Traded Unit GTIN: **19356435000459** Internal GTIN: **9356435000452** Supplier: **Fable Food UK Limited** Suppliers Product Code: **FB042**

### Reference Intake



### Nutritional Information

Typical Values	Per 100g
Energy	1176kJ 280kCal
Carbohydrates	18.7g
of which sugars	0g
Fat	17.7g
of which saturates	9.7g
Fibre	14.8g
Protein	11.4g
Salt	0.98g

### Allergy Information

Key: **Contains** **May Contain**

May 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	Contains Sulphur Dioxide

### Dietary Information

Key: **Suitable for**

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	Suitable for Halal	NO DATA for Coeliac
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### Allergen Statement

**CONTAINS: SOY and SULPHITES. MAY CONTAIN: WHEAT** since this product is manufactured in a facility that processes other food products which may contain these ingredients.

### Ingredients

Mushroom (45%) (Naturally Occurring **SULPHITES**), Water, Coconut Oil, **SOY** Protein Isolate, Canola Oil, Tapioca Flour, Gluten Free **SOY** Sauce, Salt, Yeast Extract, White Pepper, Mushroom Powder, Black Pepper