

Supplier's Product Code :  
Product Added :  
Last Updated by Supplier :  
erudus id :

FB042  
20 April 2026  
21 April 2026  
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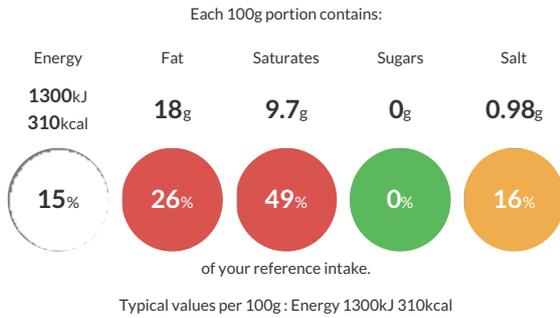
## Fable Plant Based Meaty Pulled Mushrooms 1kg

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	1300kJ 310kCal
Carbohydrates	3.9g
of which sugars	0g
Fat	18g
of which saturates	9.7g
Fibre	15g
Protein	11g
Salt	0.98g

### Allergy Information

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



#### 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

### Dietary Information

Key: **Suitable for**

