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Lettuce Cos

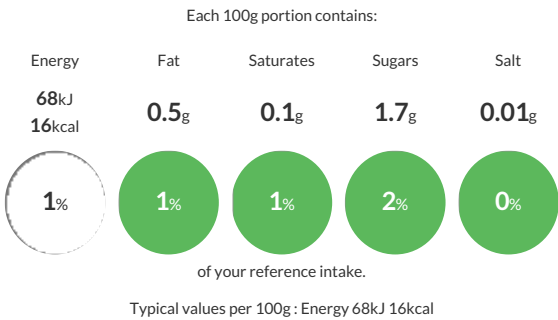
**Warning!** This Product Specification complies with EU Food Information Regulation No. 1169/2011 (FIR) however we are still awaiting further product attributes to complete the full Erudus specification.

Short Product Name:  
Lettuce Cos

Also known as Romaine Lettuce. Unwashed with long firm green leaves and a crunchy texture. Ideal for high volume users

Traded Unit GTIN:  Internal GTIN: Supplier :  Suppliers Product Code :  20171012



Reference Intake





Nutritional Information


Typical Values	Per 100g
Energy	68kJ 16kCal
Carbohydrates	1.7g
of which sugars	1.7g
Fat	0.5g
of which saturates	0.1g
Fibre	0.9g
Protein	0.8g
Salt	0.01g


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

  
Does Not Contain Soya

  
Does Not Contain Molluscs

  
Does Not Contain Sulphur Dioxide

Gluten Claim  
Gluten content is less than 20ppm.

Ingredients

Cos

Dietary Information

Key:  Suitable for

  
Suitable for Vegetarian

  
Suitable for Vegan

  
May not be suitable for Kosher

  
May not be suitable for Halal

  
Suitable for Coeliac