



## Plant-It Breaded Goujons (5 x 1kg)

### Product Information

Product Code	6455
Erudus ID	7bf5c80cc3d64800a24b7fe42b29cc57
Traded Unit GTIN	05391536660086
Internal GTIN	5391536660536
Supplier Name	Plant-It Foods UK Limited
Brand	
Storage	Frozen

### Product Description & Ingredients

Product Description	Plant-based breaded goujons, vegan and delicious.
Erudus Ingredients	Water, WHEAT Flour, Vegetable Oils (Rapeseed, Sunflower, Shea), Pea Starch, SOYA Proteins, WHEAT Gluten, Powdered Cellulose, Calcium Carbonate, Salt, Natural Flavour (Contains BARLEY), Thickener (Methyl Cellulose), WHEAT Starch, Yeast Extract, Sugar, Pea Protein Concentrate, Yeast, Garlic Powder, Paprika, Black Pepper, Iron, Vitamin B12.

### Allergens

Celery	No
Cereals Containing Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No

Sesame	No
Soybeans	Yes
Sulphites	No

## Dietary Information

Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	No
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes
Approved for a Halal Diet	No
Approved for a Kosher Diet	No

## Nutritional Information

Energy per 100g (kcal)	360 kcal
Energy per 100g (kj)	1520 kJ
Carbs Per 100g	33 g
Carbs of which Sugars per 100g	0.8 g
Fat per 100g	19 g
Fat of which Saturates per 100g	2.3 g
Protein per 100g	11 g
Fibre per 100g	4.5 g
Salt per 100g	1.2 g

## Disclaimer:

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