



Water 500g	200g	686g	Refined WHEAT flour(Self Defrost) (vegan)	(Self Defrost) (vegan)	In refrigerator.	-18 DEGREES
Typical Values Per 100g/ml	Contains Cereals	Yes	Suitable for Vegetarians	Yes	Suitable for Vegetarians	Yes
Energy 1080 kJ (257 kcal)	Contains Eggs	Yes	Suitable for Sufferers of Lactose Intolerance	Yes	Suitable for Sufferers of Lactose Intolerance	No
Fat 18g	Contains Peanuts	No	Suitable for Coeliacs	No	Suitable for Coeliacs	No
Carbohydrate 31g	Contains Nuts	No	Approved for a Halal Diet	No	Approved for a Halal Diet	No
Protein 11g	Contains Crustaceans	No	Approved for a Kosher Diet	No	Approved for a Kosher Diet	No
Fibre 1.2g	Contains Mustard	No				
Protein 7.5g	Contains Fish	No				
Salt 0.69g	Contains Lupin	No				
	Contains Sesame	No				
	Contains Celery	No				
	Contains Soya	No				
	Contains Molluscs	No				
	Contains Sulphur Dioxide	No				