

Ingredients

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sugar beet pulp, rehydrated potato flakes (water, potato flakes, emulsifier (E471), acidity regulator (E330), spices), breadcrumbs (WHEAT flour, peeled seeds (pumpkin, sunflower), white quinoa, water, yeast, salt, dextrose), chickpeas (16%), rapeseed oil, onion, water, spices (parsley, cumin, coriander, garlic, cayenne, fenugreek, cloves, turmeric, white pepper), starch, flour (WHEAT, corn), salt, thickeners (E461, E412). May contain: MUSTARD, SOY.

Allergens

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Cereals containing gluten, Soybeans and products thereof, Mustard and products thereof

Nutritional Values

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Nutrition	Per 100 g
Energy	881 kJ (221 kcal)
Protein	4.3g
Total Carbohydrate	21g
Sugars	1.8g
Total Fat	11g
Saturated Fat	1g
Dietary Fiber	5.6g
Sodium	1g