



The Bread Factory
Unit 12, Garrick Road Industrial Estate, Irving Way, London NW9 6AQ
020 8457 2080

Product Name	SALAD POT Spelt, Cauliflower and Ferments (48hr) LTBC (NEW OIL)		
Product Code	F SLD09716 CK		
Product Description	F SLD09716 CK		
Allergens		Contains	Trace
	(Tree) Nuts	no	no
	Celery	yes	yes
	Crustaceans	no	no
	Eggs	no	no
	Fish	no	no
	Gluten	yes	yes
	Lupin	no	no
	Milk	no	no
	Molluscs	no	no
	Mustard	trace	trace
	Peanut	no	no
	Sesame	yes	yes
	Soya	trace	trace
	Sulphites	yes	yes
Ingredients	Water (59%), Cauliflower (19%), Pearled Spelt (17%), Onion, Cooked lentils (9%) (Lentils, Water, Salt, Antioxidant (Ascorbic Acid)), Golden Kimchi (7%) (White Cabbage, Spring Onion, Daikon, Celery , Lemon, Apple Juice, Ginger, Garlic, Chilli, Salt, Turmeric), Brined Purple Carrots (7%) (Carrots, Jalapeno Chillies, Salt, Garlic, Oregano), Carrot (7%), Celery (7%), Spinach Baby Washed 500g, Hot Pickled Peppers 10kg (Sweet Peppers(45%), Cider Vinegar, Hot Peppers (13%), Water, Sugar, Shallots, Garlic, Salt, Bay Leaf, Thyme, Oregano), Red Wine Vinegar (3%) (Red Wine Vinegar, Antioxidant (Potassium Metabisulphite (Sulphites))), Demerara Sugar, Currants (Currants, Sunflower Oil), Oil Olive Pure Pomace [3x5Lt], Oil Olive Extra Virgin [3x5Lt], Tahini (Sesame Seeds), Salt, Vegetable Oil (1%) (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Garlic, Lemon Juice, Red Chilli, Fennel Seeds, Turmeric, Coriander Seeds, Cumin Seeds, Black Pepper, Ground Cumin Ground Cumin, Cardamom, Cloves		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	572.49	1602.97
	Energy (kcal)	136.839	383.148
	Fat (g)	4.29067	12.0139
	Saturates (g)	0.67932	1.9021
	Carbohydrates(g)	19.9704	55.9171
	Total Sugars (g)	5.06678	14.187
	Protein (g)	3.63796	10.1863
	Salt (g)	0.95615	2.67722

	Fibre (g)	2.07927	5.82196
Storage Conditions			
Additional Information			