

LOLAS HAM AND CHEESE PLOUGHMAN'S

Ingredients : Barbers cheddar [MILK] (Cow's Milk [MILK],Salt,Starter Culture,Vegeterian Rennet) , Prosciutto ham sliced (Pork,Salt,Preservative: Potassium Nitrate) , Vegan mayo [MUSTARD] (Water,Sunflower Oil,Apple Vinegar,Rice Starch,Mustard Seed [MUSTARD],Agave,Sea Salt,Xanthan Gum,Guar Gum,Citric acid) , Cucumbers , Tomatoes , Little gem lettuce , Balsamic onion [SULPHITES] (Borettane onions [SULPHITES],Sugar,Balsamic Vinegar of Modena IGP (wine vinegar) [SULPHITES],Cooked Grape Must,Colour: E150d,Salt) , Mustard [BARLEY] [MUSTARD] (Water,Mustard Seed [MUSTARD],Sugar,Salt,Xanthan Gum,Spices,Malt vinegar [BARLEY]) , Mustard cress

Suitable for vegetarians

Nutritionals

| | Total Per item | Total Per 100 gr |
|------------------------|----------------|------------------|
| Energy (Kj) | 2497 | 873 |
| Energy (KCal) | 602 | 211 |
| Fat (g) | 50 | 17 |
| of which Saturates (g) | 17 | 6 |
| Carbohydrate (g) | 9 | 3 |
| of which Sugars (g) | 5 | 2 |
| Protein (g) | 30.24 | 10.57 |
| Salt (g) | 4.38 | 1.53 |
| Fibre (g) | 1.65 | 0.58 |

Total Weight : 286 ge