

**ORGANIC CALIFORNIA QUINOA SALAD**

Ingredients : Mango , Edamame beans , White quinoa , Avocado oil , Fennel , Oranges , Black quinoa , Red quinoa , Apple cider vinegar [SULPHITES] (Apple Cider Vinegar [SULPHITES],Preservative: Potassium Metabisulphite E224 [SULPHITES]) , Red chillies , Mustard [BARLEY] [MUSTARD] (Water,Mustard Seed [MUSTARD],Sugar,Salt,Xanthan Gum,Spices,Malt vinegar [BARLEY]) , Spring onion , Pomegranate , Rock salt (sea) , Peppercorns , Coriander , Coriander micro cress

Suitable for vegetarians

**Nutritionals**

	Total Per item	Total Per 100 gr
Energy (Kj)	1288	920
Energy (KCal)	314	224
Fat (g)	18	13
of which Saturates (g)	3	2
Carbohydrate (g)	29	21
of which Sugars (g)	8	6
Protein (g)	6.38	4.56
Salt (g)	0.20	0.15
Fibre (g)	4.39	3.13

Total Weight : 140 ge