

VEGAN ANCIENT GRAIN TABOULEH

Ingredients : Water , Cucumbers , Tomatoes , Puy lentils , Fresh pomegranate , Chive , Black rice , Parsley , Fresh mint , Tahini [SESAME] (Sesame [SESAME]) , Pomegranate molasses , Red quinoa , White quinoa , Olive oil , Red wine vinegar [SULPHITES] (Rice Wine Vinegar,sulphur dioxide [SULPHITES] [SULPHITES]) , Black quinoa , Garlic , Salt

Suitable for vegetarians

For allergens please see ingredients in bold.

Please note our Bakery handle Nuts, Milk, Eggs, Soya, Peanuts, Sesame and Sulphites.

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	4985	346
Energy (KCal)	1199	83
Fat (g)	34	2
of which Saturates (g)	5	0
Carbohydrate (g)	159	11
of which Sugars (g)	45	3
Protein (g)	52.87	3.67
Fibre (g)	41.60	2.89
Salt (g)	3.35	0.23

Total Weight : 1440 ge