

Birds Eye 4 Steamfresh Family Favourite Mix 540g

Ingredients

Carrots (41%), Broccoli (37%), Sweetcorn (22%)

Allergens

Suitable for Vegans

Nutrition

	Per 100g	Per Steam Bag (135g) Microwaved Provides:
Energy Values	197 (KJ) / 47 (Kcal)	268 (KJ) / 64 (Kcal)
Fat	0.5g	0.7g
(of which Saturates)	0.1g	0.2g
Carbohydrate	7.2g	9.8g
(of which Sugars)	3.5g	4.7g
Fibre	2.7g	3.7g
Protein	2g	2.7g
Sodium		
Salt	0.04g	0.05g
Salt Equivalent		

Product Description

Brand: Birds Eye

EAN: 5000116107803

Carrots, Broccoli Florets and Sweetcorn

Storage & Usage

Storage: Frozen

Storage Type: Store in a freezer at -18°C or cooler

Manufacturer Address

Careline information...
Call us free on 0800 33 22 77
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