

Vegan & Gluten Free Roast by @Howtocoeliac

Ingredients

Product	Quantity
Mushrooms	150.00 g
Carrots, young, raw	73.00 g
Garlic	8.40 g
Ground Nutmeg	1.42 g
Thyme	4.20 g
Lentils, green and brown, whole, dried, raw	250.00 g
Breadcrumbs Gluten Free	50.00 g
Ground Black Pepper	0.36 g
Sea Salt	0.36 g
LEE KUM KEE GLUTEN FREE LIGHT SOY SAUCE 12X150ML	4.20 g
VEGETABLE VEGAN STOCK MIX	5.90 g

Serves: 2

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Contains Celery	Contains Soya	Does Not Contain Molluscs	Does Not Contain SO2

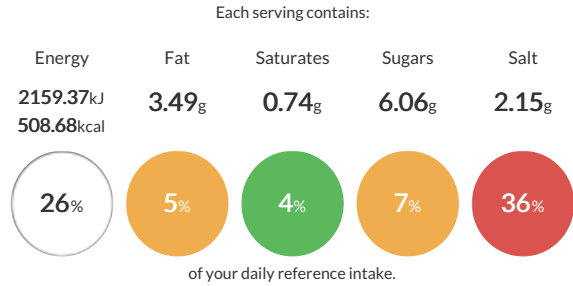
Nuts:

Almond Nuts:	No
Hazelnuts:	No
Walnuts:	No
Cashew Nuts:	No
Pecan Nuts:	No
Brazil Nuts:	No
Pistachio Nuts:	No

Cereals:

Wheat:	No
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Reference Intake



Nutritional Summary

Energy	2159.37kJ 508.68kCal
Protein	34.88g
Carbohydrates	86.71g
of which sugars	6.06g
Non Milk Extrinsic Sugars	0g
Fat	3.49g
of which saturates	0.74g
Fibre	2.32g
Salt	2.15g
Sodium	0.65g
Iron	14.25mg
Calcium	120.71mg
Zinc	5.22mg
Folate	147.93µg
Vitamin A	0µg
Vitamin C	5.18mg

Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

Lentils, green and brown, whole, dried, raw (46%). Mushrooms (27%) (Sliced mushrooms (100%)). Carrots, young, raw (13%). Breadcrumbs **Gluten Free** (9%) (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre, Salt (E535), Mono and diglycerides: E471, Caramelised Sugar, Syrup, Paprika.). Garlic (2%) (Garlic 100%). VEGETABLE VEGAN STOCK MIX (1%) (Ingredients when reconstituted: Vegetable Stock (Water, Onion, Carrot Extract, Tomato, **CELERIAC**, Herbs, Garlic, Spice), Glucose Syrup, Salt, Maltodextrin, Yeast Extracts, Sugar, Flavourings, Rapeseed Oil.). Thyme (1%) (Thyme.). LEE KUM KEE **GLUTEN FREE LIGHT SOY SAUCE 12X150ML** (1%) (Water, **SOYBEANS** 20%, Salt, Sugar, Corn Starch). Ground Nutmeg (0%) (Nutmeg). Ground Black Pepper (0%) (Black Pepper). Sea Salt (0%) (Rock Salt.).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

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