

# Bay's Kitchen

## Low FODMAP Starter Selection

### INGREDIENTS, ALLERGENS & NUTRITION

This selection contains our branded gift bag, recipe book, Food & Symptom Diary, as well as 10 of our Gluten & Dairy Free, Low FODMAP, Vegan foods!

Product	Ingredients List. Allergens are highlighted in <b>bold</b> .	Allergens (Shown in <b>bold</b> )	Typical Nutritional Values per 100g
<b>Tomato &amp; Basil Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Tomatoes (53%), Water, Tomato Puree (12%), Olive Oil, Balsamic Vinegar ( <b>Sulphites</b> ), Cornflour, Basil (1.2%), Chives, Dextrose, Salt, Oregano, Acidity Regulator: Lactic Acid, Black Pepper.	<b>Sulphites</b>	Energy 232kJ / 55kcal Fat 2.6g of which saturates 0.5g Carbohydrate 5.6g of which sugars 4.5g Fibre 0.7g Protein 2.2g Salt 0.45g Sodium 180mg
<b>Mild Korma Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Coconut Cream (34%), Water, Tomatoes, Ginger, Dextrose, Rapeseed Oil, Cornflour, Turmeric, Garam Masala (Coriander Seed, Cumin, Ginger, Cassia, Black Pepper, Cloves) (1.3%), Salt, Concentrated Lemon Juice, Cumin, Cardamon.		Energy 620kJ / 149kcal Fat 11g of which saturates 7.3g Carbohydrate 9.1g of which sugars 5.3g Fibre 0.8g Protein 3g Salt 1.34g Sodium 537mg
<b>Katsu Curry Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Coconut Cream (31%), Wheat Free <b>Soy</b> Sauce (Water, <b>Soya</b> Beans, Salt, Rice, Alcohol) (8%), Dextrose, Cornflour, Curry Powder (Coriander, Turmeric, Fenugreek, Chilli, Salt, Cumin, Fennel, <b>Mustard</b> , Black Pepper) (2.7%), Ginger, Rapeseed Oil, Concentrated Lemon Juice, Turmeric. For allergens see ingredients in bold.	<b>Soy Mustard</b>	Energy 575kJ / 138kcal Fat 9.4g of which saturates 6.4g Carbohydrate 10.5g of which sugars 4.4g Fibre 1.2g Protein 2.2g Salt 0.87g Sodium 347mg
<b>Thai Massaman Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Coconut Cream (35%), Lemongrass (3%), Ginger, Cornflour, Coriander Leaf, Spices (Coriander Seed, Cumin, Cayenne Pepper, Cinnamon, Cardamon, Turmeric) (1.4%), Rapeseed Oil, Salt, Concentrated Lime Juice, Dextrose, Lime Leaf (0.3%).		Energy 462kJ / 111kcal Fat 8.9g of which saturates 6.3g Carbohydrate 5.6g of which sugars 1.6g Fibre 1.1g Protein 1.7g Salt 0.99g Sodium 395mg
<b>Carrot &amp; Coriander Soup, 300g Pouch</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Carrots (34%), Coconut Cream, Cornflour, Rapeseed Oil, Coriander (0.7%), Salt, Dextrose, Acidity Regulator: Lactic Acid, White Pepper.		Energy 166kJ / 40kcal Fat 2.2g of which saturates 0.7g Carbohydrate 4.8g of which sugars 3.2g Fibre 0.8g Protein 0.3g Salt 0.76g
<b>Vegetable Gravy with Thyme &amp; Chives, 300g Pouch</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Vegetable Juice Concentrates (5%) (Carrot, Parsnip, Parsley), Cornflour, Salt, Dextrose, Tomato Paste (0.7%), Chives (0.7%), Thyme (0.5%), Acidity Regulator: Lactic Acid, Molasses, Bay Leaf, Black Pepper.		Energy 133kJ / 32kcal Fat 0.1g of which saturates 0.0g Carbohydrate 6.9g of which sugars 2.6g Fibre 0.4g Protein 0.4g Salt 0.86g
<b>Concentrated Vegetable Stock, 200g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Carrot Concentrate (15%), Parsnip Concentrate (6%), Parsley Concentrate (6%), Salt, Dextrose, Tomato Paste (3%), Cornflour, Acidity Regulator: Lactic Acid, Bay Leaf, Black Pepper.		Energy 373kJ / 89kcal Fat 0.3g of which saturates 0.1g Carbohydrate 19g of which sugars 14g Fibre 1.8g Protein 1.8g Salt 5.5g

<p><b>BBQ Sauce with Smoked Paprika, 275g Bottle</b></p> <p>This product is ambient and will have a minimum of 9 months shelf life when dispatched.</p>	<p>Tomato Passata, Spirit Vinegar, Dark Muscovado Sugar, Tomato Puree, Water, Sugar, Salt, Cornflour, Smoked Paprika (1.5%), Cayenne Pepper, Black Pepper.</p>		<p>Energy 515kJ / 123kcal  Fat 0.3g  of which saturates 0.0g  Carbohydrate 27g  of which sugars 24g  Fibre 1.5g  Protein 1.6g  Salt 2.1g</p>
<p><b>Maple Chipotle Vegan Mayonnaise, 260g Jar</b></p> <p>This product is ambient and will have a minimum of 6 months shelf life when dispatched.</p>	<p>Rapeseed Oil (68%), Water, Maple Syrup (5.6%), Spirit Vinegar, Dijon <b>Mustard</b> (Water, <b>Mustard</b> Seed, Spirit Vinegar, Salt), Salt, Cornflour, Chipotle Chilli (0.5%), Concentrated Lemon Juice, Smoked Paprika, Emulsifier: Xanthan Gum, Preservative: Potassium Sorbate.</p>	<p><b>Mustard</b></p>	<p>Energy 2634kJ / 629kcal  Fat 68g  of which saturates 4.1g  Carbohydrate 5.4g  of which sugars 3.8g  Fibre 0.4g  Protein 0.4g  Salt 1.6g</p>
<p><b>Spicy Tomato Salsa, 200g Jar</b></p> <p>This product is ambient and will have a minimum of 9 months shelf life when dispatched.</p>	<p>Tomatoes (48%), Red Peppers, Water, Tomato Puree (5%), Cornflour, Dextrose, Coriander, Chives, Concentrated Lime Juice, Salt, Dried Red Chillies, Oregano, Cayenne Pepper, Cumin.</p>		<p>Energy 168kJ / 40kcal  Fat 0.3g  of which saturates 0.1g  Carbohydrate 8.7g  of which sugars 5.6g  Fibre 1.6g  Protein 1.2g  Salt 0.72g  Sodium 282mg</p>