

# Bay's Kitchen

## Free From Starter Set

### INGREDIENTS, ALLERGENS & NUTRITION

This starter set contains our branded gift bag, recipe book, Food & Symptom Diary, as well as 7 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>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</b> <b>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>Tomato &amp; Roasted Pepper Soup, 300g Pouch</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Tomatoes (39%), Water, Roast Peppers (10%), Carrots, Tomato Paste (3%), Cornflour, Salt, Dextrose, Acidity Regulator: Lactic Acid, Paprika, Black Pepper.		Energy 100kJ / 24kcal Fat 0.1g of which saturates 0.0g Carbohydrate 4.8g of which sugars 2.7g Fibre 1.0g Protein 0.8g Salt 0.66g
<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 Chicken Stock, 200g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Chicken Stock Base (31%) (Chicken Stock [Chicken Bones, Chicken Fat, Water, Salt], Yeast Extract [Yeast Extract, Salt], Natural Flavouring, Antioxidant: Rosemary Extract), Cornflour, Acidity Regulator: Lactic Acid.		Energy 499kJ / 119kcal Fat 5.5g of which saturates 1.7g Carbohydrate 6.3g of which sugars 0.6g Fibre 0.1g Protein 10g Salt 4.6g
<b>BBQ Sauce with Smoked Paprika, 275g Bottle</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Tomato Passata, Spirit Vinegar, Dark Muscovado Sugar, Tomato Puree, Water, Sugar, Salt, Cornflour, Smoked Paprika (1.5%), Cayenne Pepper, Black Pepper.		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
<b>Garden Herb Vegan Mayonnaise, 260g Jar</b>  This product is ambient and will have a minimum of 6 months shelf life when dispatched.	Rapeseed Oil (68%), Water, Spirit Vinegar, Dijon <b>Mustard</b> (Water, <b>Mustard</b> Seed, Spirit Vinegar, Salt), Sugar, Salt, Herbs (1.3%) (Parsley, Thyme, Sage, Tarragon), Cornflour, Concentrated Lemon Juice, Emulsifier: Xanthan Gum, Preservative: Potassium Sorbate.	<b>Mustard</b>	Energy 2613kJ / 625kcal Fat 68g of which saturates 4.1g Carbohydrate 3.6g of which sugars 2.7g Fibre 0.2g Protein 0.3g Salt 1.6g
<b>Spicy Tomato Salsa, 200g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Tomatoes (48%), Red Peppers, Water, Tomato Puree (5%), Cornflour, Dextrose, Coriander, Chives, Concentrated Lime Juice, Salt, Dried Red Chillies, Oregano, Cayenne Pepper, Cumin.		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

