



Bay's Kitchen

Sauces & Dairy Gift Set

INGREDIENTS, ALLERGENS & NUTRITION

This selection contains our branded gift bag, Food & Symptom Diary, as well as our 3 of our most popular Gluten & Dairy Free, Low FODMAP & Vegan sauces!

Product	Ingredients List. Allergens are highlighted in bold .	Allergens (Shown in bold)	Typical Nutritional Values per 100g
Mild Korma Stir-in Sauce, 260g Jar 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
Katsu Curry Stir-in Sauce, 260g Jar This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Coconut Cream (31%), Wheat Free Soy Sauce (Water, Soya Beans, Salt, Rice, Alcohol) (8%), Dextrose, Cornflour, Curry Powder (Coriander, Turmeric, Fenugreek, Chilli, Salt, Cumin, Fennel, Mustard , Black Pepper) (2.7%), Ginger, Rapeseed Oil, Concentrated Lemon Juice, Turmeric. For allergens see ingredients in bold.	Soy Mustard	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
Thai Green Curry Stir-in Sauce, 260g Jar This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Coconut Cream (35%), Water, Bamboo Shoots, Green Peppers, Red Peppers, Coriander, Lemongrass (1.7%), Green Chillies (1.7%), Ginger, Wheat Free Soy Sauce (Water, Soya Beans, Salt, Rice Alcohol), Rapeseed Oil, Cornflour, Concentrated Lime Juice, Sugar, Salt, Cumin, Lime Leaf.	Soy	Energy 377kJ / 91kcal Fat 5.4g of which saturates 4.1g Carbohydrate 7.4g of which sugars 1.9g Fibre 1.5g Protein 2.3g Salt 0.85g Sodium 342mg