

Bay's Kitchen

Free From Chutney & Salsa Set

INGREDIENTS, ALLERGENS & NUTRITION

This set contains our Gluten & Dairy Free, Low FODMAP & Vegan chutneys and salsa!

Product	Ingredients List. Allergens are highlighted in bold .	Allergens (Shown in bold)	Typical Nutritional Values per 100g
Mango & Pineapple Chutney, 200g Jar This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Mango (47%), Pineapple (15%), White Wine Vinegar (Sulphites), Water, Sugar, Dextrose, Ginger, Cornflour, Salt, Garam Masala (Coriander, Cumin, Ginger, Cassia, Black Pepper, Cloves), Roasted Cumin Seeds, Dried Red Chillies.		Energy 375kJ / 90kcal Fat 0.3g of which saturates 0.1g Carbohydrate 20g of which sugars 17g Fibre 1.5g Protein 0.6g Salt 0.8g Sodium 315mg
Tomato & Red Pepper Chutney, 200g Jar This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Tomatoes (37%), Red Peppers (22%), White Wine Vinegar (Sulphites), Water, Sugar, Sultanas, Dried Peppers (1.8%), Cornflour, Salt, Ginger.		Energy 319kJ / 76kcal Fat 0.4g of which saturates 0.0g Carbohydrate 17g of which sugars 14g Fibre 2.0g Protein 1.0g Salt 1.2g Sodium 453mg
Spicy Tomato Salsa, 200g Jar 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