

# Quorn Roast

**Pack Size:** 8 X 454G

## Product Description:

Quorn is a nutritious meat-free protein, low in fat and high in fibre. This Mycoprotein based roast can be oven roasted from frozen and is perfect sliced and served with a traditional roast dinner as a vegetarian alternative to chicken or turkey.

**Brand:** Quorn



**Ingredient Declaration:** Mycoprotein (63%), Rehydrated Free Range Egg White, Milk Protein, Natural Flavouring, Pea Fibre. Allergy Advice: For allergens see ingredients in bold.

## Allergens:

NOT APPLICABLE	N/A
<b>CONTAINS</b>	Eggs, Milk

## Additional Allergen Information:

<b>Barley</b>	No	<b>Almond nuts</b>	No
<b>Oats</b>	No	<b>Brazil nuts</b>	No
<b>Rye</b>	No	<b>Cashew nuts</b>	No
<b>Wheat (including Spelt and Khorasan)</b>	No	<b>Hazelnuts</b>	No
		<b>Macadamia (Queensland) nuts</b>	No
		<b>Pecan nuts</b>	No
		<b>Pistachio nuts</b>	No
		<b>Walnuts</b>	No

## Diet Suitability:

NOT APPLICABLE	N/A
<b>SUITABLE FOR</b>	Halal, Vegetarians

## Nutritional Information:

Nutrient	per 100g/ml
<b>Energy (kJ/kcal)</b>	90 kcal / 378 kJ
<b>Fat</b>	1 g
<b>of which Saturates</b>	0.5 g
<b>Carbohydrate</b>	2.1 g
<b>of which Sugars</b>	0.2 g
<b>Fibre</b>	5.3 g
<b>Protein</b>	15.3 g
<b>Salt</b>	0.7 g

## Directions For Use:

Cooking Instructions from frozen: OVEN Preheat oven and deep baking/roasting tray to 220°C/425°F/Gas Mark 7. Do not remove film and leave metal end clips in place. Pierce the film around the roast at least 6 times with a sharp knife ensuring that the film is fully pierced and place on baking/roasting tray. Cook for 45-50 mins. Carefully remove from the oven and stand for 5 mins. Carefully remove film and clips. Reduce

the cooking by 5 mins for fan assisted ovens. WARNING - PRODUCT, CLIPS & FILM WILL BE HOT. HANDLE WITH CARE.

**Storage Instructions:** Keep frozen. Store at -18°C or below until best before date shown. Do not refreeze once defrosted.

**Shelf Life Once Open:**

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.