

# Pease Pudding (Foresight)

**Pack Size:** 6 X 410G

## Product Description:

A savoury pudding dish made of boiled legumes, typically split yellow or Carlin peas, with water, salt, and spices, and often cooked with a bacon or ham joint.

**Brand:** Foresight



**Ingredient Declaration:** Rehydrated Yellow Split Peas (95%), Water, Salt, Natural Turmeric Flavouring, Paprika Extract.

## Allergens:

NOT APPLICABLE N/A

## 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  
**SUITABLE FOR** Coeliacs, Vegetarians, Vegan

## Nutritional Information:

<b>Nutrient</b>	<b>per 100g/ml</b>
<b>Energy (kJ/kcal)</b>	97 kcal / 412 kJ
<b>Fat</b>	0.7 g
<b>of which Saturates</b>	0.1 g
<b>Carbohydrate</b>	15.9 g
<b>of which Sugars</b>	0.5 g
<b>Fibre</b>	1.7 g
<b>Protein</b>	6 g
<b>Salt</b>	0.5 g

## Directions For Use:

Hob: Empty contents into a saucepan and heat gently. DO NOT BOIL. Microwave (650W): Empty contents into a suitable non-metallic container, cover and vent. Microwave on full power for 3 minutes, stirring halfway through. After heating allow to stand for 1 minute before serving.

## Storage Instructions:

Store in a cool dry place. Once opened empty, cover and refrigerate. Use within 2 days. Unused product is not suitable for freezing.

**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.