



## Greens Cuisin' Easy Spartacus Frozen Salad 1.25kg (4 Pack)

### Product Images



## Additional Information

---

Brand	d'Arta
-------	--------

## Storage

---

Temperature	Frozen
-------------	--------

## Ingredients

---

Ingredients	Vegetables 53% (Tomatoes, Broad Beans Peeled, Chickpeas, Red Pepper, Yellow Pepper, Green Pepper), Red Quinoa 15% (Water, Red Quinoa), Quinoa 15% (Water, Quinoa), Sauce 12% ( Madras Green Curry (Garlic, Lemongrass, Salt, Ginger, Water, Jalapeno Pepper, Curry Powder (Curry (Curcuma, Fenugreek, Caraway, Ginger, CELERY), Spices (Coriander, Pepper, Cumin, Allspice, Nutmeg, Fennel), Lovage), Sunflower Oil, Coriander, Shallot, Spring Onion, Sugar, Vinegar, Basil (Basil, Sunflower Oil, Salt), Lemon Juice, Red Chili, Lime Leaf, Pepper, Cumin, Wakame, Citrusfiber), Olive Oil, White Wine Vinegar Curcuma, Salt), Pumpkin Seeds 5%.
-------------	--

## Allergens

---

Celery	No
Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	Yes
Molluscs	No
Mustard	Yes
Nuts	No
Peanuts	No
Sesame	No
Soya	No
Sulphites	No

## Dietary Information

---

Approved for a Halal	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	No
Suitable for a Vegan	No
Suitable for a Vegetarian	Yes

## Nutritional Information

---

Carbs per 100g (g)	14.3 g
Carbs of which Sugars per 100g (g)	0.9 g
Fat per 100g (g)	8.6 g
Fat of which Saturates per 100g (g)	2.4 g
Fibre per 100g	1.3 g
Energy per 100g (kcal)	152 kcal
Energy per 100g (kJ)	638 kJ
Protein per 100g (g)	3.9 g
Salt per 100g (g)	0.66 g

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels. This does not affect your statutory rights. We do not accept liability for any inaccuracies or incorrect information contained on this site.