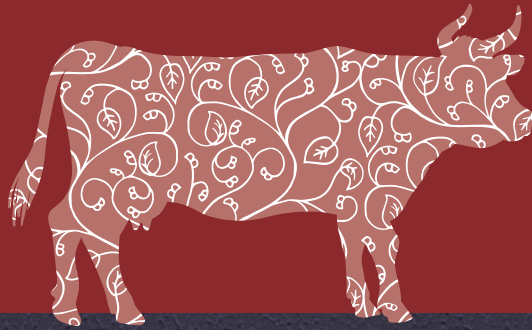




**BAY'S
KITCHEN**

Beef Gravy

with Rosemary & Cracked Peppercorns



GLUTEN FREE, DAIRY FREE & LOW FODMAP*
FREE FROM ONION & GARLIC
FULL OF FLAVOUR





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KITCHEN**

Ingredients Water, Beef Stock Base (Beef Stock, Yeast Extract [Yeast Extract, Salt], Water, Salt, Sugar, Beef Fat [Beef Fat, Antioxidant; Extract of Rosemary]), Lemon Juice Concentrate (4%), Cornflour, Dextrose, Salt, Acidity Regulator: Lactic Acid, Rosemary (0.2%), Cracked Green & Black Peppercorns (0.1%).

For allergens, see ingredients in **bold**.

Store in a cool dry place. Refrigerate once opened & consume within 2 days.

Beef Gravy with Rosemary & Cracked Peppercorns

Gluten & Dairy Free, Free From Onion & Garlic. Serves 2-3. Certified Low FODMAP* For Half Pouch (150g serve).

Microwave: Empty contents into a microwave-safe jug or bowl and heat at maximum power, stirring occasionally until piping hot (approx. 2 minutes, microwaves vary).

Hob: Empty contents into a pan and heat gently until piping hot. For best results use the pan that you have cooked the meat in.

Nutrition Per 100g

Energy	127kJ/30kcal
Fat	0.1g
of which Saturates	0.1g
Carbohydrates	5.7g
of which Sugars	1.1g
Fibre	0.1g
Protein	1.2g
Salt	1.6g

Low FODMAP* Info Per 100g

Total Fructans**	< 0.1g
GOS**	< 0.1g
Fructose	< 0.1g
Glucose	0.8g
Lactose	0g
Mannitol***	< 0.1g
Sorbitol***	< 0.1g

300g



MADE IN THE UK



*Certified by FODMAP Friendly, trading name of Fodmap Pty Ltd of Australia. Compared to many similar gravies, these gravies are Low FODMAP as they are > 90% free of Galacto-oligosaccharides (GOS), Excess Fructose, Lactose, Sorbitol and Mannitol.

Bay's Kitchen create award-winning, tasty foods free from Gluten & Dairy that are Low FODMAP* certified. See our full range at www.bayskitchen.com.

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BEST BEFORE END:



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