

Mild Korma

STIR-IN SAUCE

A mild, creamy Low FODMAP* curry sauce,
perfect to be paired with chicken or tofu.

Gluten Free, Dairy Free and Vegan.
Certified Low FODMAP* For Half Jar (130g serve).
Simmer the sauce in a pan for 2 minutes until hot.

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



GLASS JAR, METAL LID



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BAY'S
KITCHEN

Mild Korma

STIR-IN SAUCE



VEGAN & LOW FODMAP*

Ingredients

Coconut Cream (34%), Water,
Tomatoes, Ginger, Dextrose,
Rapeseed Oil, Cornflour,
Turmeric, Garam Masala
(Coriander Seed, Cumin,
Ginger, Cassia, Black Pepper,
Cloves) (1.3%), Salt, Concentrated
Lemon Juice, Cumin, Cardamon.

For allergens, see ingredients
in **bold**. **Suitable for vegans
& vegetarians.** Store in a cool
dry place. Refrigerate once
opened & consume within 2 days.

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

Nutrition Per 100g

Energy	620kJ/149kcal
Fat	11g
of which Saturates	7.3g
Carbohydrates	9.1g
of which Sugars	5.3g
Fibre	0.8g
Protein	3g
Salt	1.34g

Low FODMAP* Info Per 100g

Total Fructans	< 0.1g
GOS	< 0.1g
Fructose	0.7g
Glucose	4.0g
Lactose	0g
Mannitol	< 0.1g
Sorbitol	< 0.1g

260g



MADE IN
THE UK

hello@bayskitchen.com www.bayskitchen.com

Bay's Kitchen, PO Box 1356, Cheltenham, GL50 9HJ, UK