

# Spicy Arrabbiata

## STIR-IN SAUCE

This spicy Italian sauce is great for pasta. Enjoy with meat, tofu or vegetables to create a delicious meal!

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](http://www.bayskitchen.com).



GLASS JAR, METAL LID

BEST BEFORE END:



BAY'S  
KITCHEN

# Spicy Arrabbiata

## STIR-IN SAUCE



VEGAN & LOW FODMAP\*

### Ingredients

Tomatoes (72%), Water, Tomato Puree (7%), Sundried Tomatoes (1.8%), Garlic Infused Sunflower Oil, Cornflour, Dextrose, Salt, Concentrated Lemon Juice, Cayenne Pepper, Dried Chillies (0.1%), Black Pepper.

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	201kJ/48kcal
Fat	1.0g
of which Saturates	0.2g
Carbohydrates	7.2g
of which Sugars	5.0g
Fibre	1.5g
Protein	1.8g
Salt	0.55g

### Low FODMAP\* Info Per 100g

Total Fructans	0.2g
GOS	< 0.1g
Fructose	2.0g
Glucose	2.5g
Lactose	0g
Mannitol	< 0.1g
Sorbitol	< 0.1g

260g



MADE IN  
THE UK

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