

Thai Massaman

STIR-IN SAUCE

A creamy, fragrant and mild spiced Low FODMAP* curry sauce. Packed with flavour yet free from onions and garlic!

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

BEST BEFORE END:



BAY'S
KITCHEN

Thai Massaman

STIR-IN SAUCE



VEGAN & LOW FODMAP*



Ingredients

Water, Coconut Cream (35%), Lemongrass (3%), Ginger, Cornflour, Coriander Leaf, Spices (Coriander Seed, Cumin, Cayenne Pepper, Cinnamon, Cardamon, Turmeric) (1.4%), Rapeseed Oil, Salt, Concentrated Lime Juice, Dextrose, Lime Leaf (0.3%).

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	462kJ/111kcal
Fat	8.9g
of which Saturates	6.3g
Carbohydrates	5.6g
of which Sugars	1.6g
Fibre	1.1g
Protein	1.7g
Salt	0.99g

Low FODMAP* Info Per 100g

Total Fructans	0.1g
GOS	< 0.1g
Fructose	0.1g
Glucose	0.6g
Lactose	0g
Mannitol	< 0.1g
Sorbitol	0.1g

260g



MADE IN
THE UK

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