

Sweet & Sour

STIR-IN SAUCE

A delicious sauce, full of flavour. An ideal accompaniment for chicken, beef and pork as well as tofu for vegetarians.

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

Sweet & Sour

STIR-IN SAUCE



VEGAN & LOW FODMAP*



Ingredients

Water, Sugar, Pineapple Juice Concentrate (7%), Pineapple (6%), Tomato Purée, Cider Vinegar (6%), Green Peppers, Red Peppers, Cornflour, Olive Oil, Chives, Salt, 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 | 386kJ/91kcal |
| Fat | 0.6g |
| of which Saturates | 0.1g |
| Carbohydrates | 20.3g |
| of which Sugars | 16g |
| Fibre | 0.5g |
| Protein | 0.8g |
| Salt | 0.31g |

Low FODMAP* Info Per 100g

| | |
|----------------|--------|
| Total Fructans | < 0.1g |
| GOS | < 0.1g |
| Fructose | 1.9g |
| Glucose | 1.8g |
| 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