

Table of Nutritional Information

	as prepared per: 100g	as prepared per: pot
Energy (kJ) / (kcal)	579 / 137	1157 / 273
Fat (g)	2.0	3.9
of which saturates (g)	0.3	0.6
Carbohydrate (g)	27	53
of which sugars (g)	4.5	9.0
Fibre (g)	0.7	1.3
Protein (g)	2.8	5.6
Salt (g)	1.2	2.3
This pot contains 1 serving		



Ingredients: rice noodles (60%) (rice, tapioca starch, salt), glaze (38%) (sugar, soy sauce (14%) [water, **soya** beans, **wheat**, salt, alcohol], tahini (**sesame**) (11%), fish sauce [anchovy extract (**fish**), salt, sugar, water], vegetable flavour stock powder [maltodextrin, natural flavouring, yeast extract, salt, sugar, onion powder], tamarind paste (7%), water, muscovado sugar, shallot puree, **sesame** oil (5%), cornflour, yeast extract, garlic puree, ginger puree, salt, lemongrass, cayenne chilli powder, lime juice concentrate), dried spring onion.

Allergy advice: For allergens, including cereals containing gluten, see ingredients in bold.

