



**BAY'S
KITCHEN**

Vegetable Gravy

with Thyme & Chives



**GLUTEN FREE, DAIRY FREE, VEGAN &
LOW FODMAP*. FREE FROM ONION & GARLIC
FULL OF FLAVOUR**





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Ingredients

Water, Vegetable Juice Concentrates (Carrot, Parsnip, Parsley) (5%), Cornflour, Salt, Dextrose, Tomato Paste (0.7%), Chives (0.7%), Thyme (0.5%), Acidity Regulator: Lactic Acid, Molasses, Bay Leaf, Black Pepper.

For allergens, see ingredients in **bold**.

Store in a cool dry place. Refrigerate once opened & consume within 2 days.



Vegetable Gravy with Thyme & Chives

**Gluten & Dairy Free, Vegan, Free From Onion & Garlic.
Certified Low FODMAP* For Half Pouch (150g serve).
Serves 2-3.**

Microwave: Empty contents into a microwave-safe jug or bowl and heat at maximum power, stirring occasionally until piping hot (approx. 2 minutes, microwaves vary).

Hob: Empty contents into a pan and heat gently until piping hot.

Nutrition Per 100g

Energy	133kJ/32kcal
Fat	0.1g
of which Saturates	0.0g
Carbohydrates	6.9g
of which Sugars	2.6g
Fibre	0.4g
Protein	0.4g
Salt	0.86g

Low FODMAP* Info Per 100g

Total Fructans**	0.1g
GOS**	< 0.1g
Fructose	< 0.3g
Glucose	1.0g
Lactose	0g
Mannitol***	< 0.1g
Sorbitol***	< 0.1g

300g



MADE IN THE UK



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

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

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BEST BEFORE END:

