







## Frozen Vegan Gluten Free Yorkshire Puddings

Ingredients: **Soya** Base (Water, Hulled Soya Beans), Gluten Free Flour ((Rice, Potato, Tapioca, Maize, Buckwheat Flours), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Thickener (Xanthan Gum)), **Soya** flour, Pea Protein Isolate, Rapeseed Oil, Modified Cellulose, Nutritional Yeast, Sodium Chloride, Kala Namak, Gellan Gum, Carrageenan, Calcium Lactate, Turmeric.

Produced in an environment that also handles wheat, nuts, peanuts, mustard, sesame and celery so may not be suitable for allergy sufferers.

 <b>Heating Instructions</b> Remove from packaging and thaw for 2 hours, place on a baking tray in a pre-heated 200°C oven for 4-6 mins. Once defrosted use within 72 hours or From frozen place on a baking tray in a pre-heated 200C oven for 15-18mins How soggy do you like your bottom? For cooking hints and tips to achieve your perfect pud visit our website <a href="http://plantsidecafe.co.uk">plantsidecafe.co.uk</a>	Nutrition			<a href="http://www.plantsidecafe.co.uk">www.plantsidecafe.co.uk</a>
		PER 100g	PER PUD (Approx 70g)	 @plantsidecafe
	ENERGY KJ	876KJ	613KJ	 <a href="https://facebook.com/plantsidecafe">facebook.com/plantsidecafe</a> <b>Best Before</b>  0 754523 665825
	Kcal	210KCal	147KCal	
	FAT – Total	14.1g	9.9g	
	OF Which Saturates	1.3g	0.9g	
	CARBOHYDRATE – Total	14.6g	10.2g	
	Of Which Sugar	0.4g	0.3g	
	FIBRE	1.9g	1.3g	
	PROTEIN	4.3g	3.01g	
	SALT	0.5g	0.4g	

Manufactured by: The Plantside Company Ltd, 17 High Street, Wellington, Somerset, TA21 8QT, UK  
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