

SUPER NUTRITION MADE SIMPLE

Picked and frozen on the day of harvest to capture all that goodness, our organic frozen vegetables are a sustainable way to add a little taste of sunshine to your day. We take time to carefully select and prepare the best and tastiest varieties so you can enjoy at home with no faff and zero waste. Great for simply mashing or roasting.

OUR ORGANIC SWEET POTATO



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Storage: Keep frozen -18°C.
Blend or cook from frozen.
Packed in the UK for PACK'D Ltd.
PACK'D 201 Borough High Street,
London, SE1 1JA.

COOKING INSTRUCTIONS

Oven cook from frozen: 220°C/Fan 200°C/Gas 7 16-20 mins. Place on a lightly oiled baking tray in the centre of a pre-heated oven for 16-20 minutes. Turn halfway through cooking. Ensure food is cooked until piping hot. Season to taste.

INGREDIENTS

Organic Sweet Potato (100%).

NUTRITION	Typical Values	For 100g	RNI*	For 60g†	RNI*
Energy (kJ/kcal)	296/70	2%		178/46	2%
Fat (g)	0.2	0%		0.2	0%
of which saturates (g)	0.1	1%		0.1	0%
Carbohydrate (g)	40	8%		24	4%
of which sugars (g)	5.9	6%		3.6	3%
Fibre (g)	3			1.8	
Protein (g)	1.2	2%		0.8	1%
Salt (g)	0.1	2%		0.06	1%
Vitamin A (µg)	655	89%		393	49%
Vitamin C (mg)	23	38%		14	14%
Folate (mg)	0.17	16%		0.10	8%
Potassium (mg)	370	19%		222	9%
Manganese (mg)	0.4	21%		0.2	10%

* per 100g. † per 60g. RNI = Reference Nutrient Intake. † per 60g. RNI = Reference Nutrient Intake. † per 60g. RNI = Reference Nutrient Intake.

