 Four Seasons Food	<h1>Aromatic Lentil & sweet potato curry</h1>	
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Information supplier

Name supplier	Four Seasons Food B.V.
Address	Mandenmaker 26 5253 RC Nieuwkuijk The Netherlands
Telephone number	0031 88 4200260
E-mail address	info@fourseasonsfood.nl

General product information


Product name	Aromatic Lentil & sweet potato curry
Legal description	spiced meal of legumes, vegetables and tomato's
EAN Code Pouch (CU)	
EAN Code Box (TU)	
Article code	EP01087
Ingredients:	Lentils (33%), green beans (17%), water, coconut milk (coconut extract, water), carrot puree (6%), sweet potato (6%), tomato puree (5.2%), water chestnut (5%), red bell pepper (4%), spices, ginger, red pepper, mushroom concentrate, lime leaf, sea salt, garlic, corn starch, vegetable powder, lemongrass extract, ginger extract, salt, vinegar, lemon fibre.
Amount of legumes	33% = 91 g/ Serving (a 275 g)
Amount of vegetables	43% = 118 g / serving (a 275 g)
We only use non-GMO ingredients.	

Cooking instruction

Microwave	Gently shake the pouch to mix. Tear 3 cm opening Microwave 1.5 min at 800W Decant into a bowl.
Hob	Decant contents into a pan. Stir gently while heating. (Do not boil)

Packaging and shelf life

Weight	275 g e
Primary packaging	Pouch 130*40*180mm
Secondary packaging	
Shelf life	minimum 9 months at delivery
Storage conditions	Room temperature (>0°C)

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Nutritional value

per	100 g	275 g Serving	
Energy	285	782	kJ
	68	187	kcal
Fat	1.6	4.4	g
of which saturated fat	1.2	3.3	g
Carbohydrate	8.6	23.7	g
of which sugar	2.2	6.1	g
of which added sugar	0.0	0.0	g
Fibre	2.8	7.7	g
Protein	3.4	9.4	g
Salt	0.29	0.80	g

Allergen information

Contains celery.

Allergen information

	recipe without	recipe with	May obtain	Explanation
Gluten	X			
Wheat	X			
Rye	X			
Barley	X			
Oats	X			
Spelt	X			
Crustaceans	X			
Egg	X			
Fish	X			
Peanuts	X			
Soybeans	X			
Milk	X			
(Tree) Nuts	X			
Almond	X			
Hazelnut	X			
Walnuts	X			
Cashews	X			
Pecan nuts	X			
Pistachio nuts	X			
Macademia nuts	X			
Celery	X			
Mustard	X			
Sesame seed	X			
Sulphur dioxide and sulphites (E220-E228) more than 10 mg/kg or 10 mg/l (SO ₂)	X			
Lupin	X			
Molluscs	X			