

Thai Green Curry

STIR-IN SAUCE

This aromatic Thai Green Curry sauce is medium spiced, yet creamy with fresh flavours of coconut and lemongrass.

Gluten Free, Dairy Free and Vegan.
Certified Low FODMAP* For Half Jar (130g serve).
Simmer the sauce in a pan for 2 minutes until hot.

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



GLASS JAR, METAL LID



BEST BEFORE END:



BAY'S
KITCHEN

Thai Green Curry

STIR-IN SAUCE



VEGAN & LOW FODMAP*



Ingredients Coconut Cream (35%), Water, Bamboo Shoots, Green Peppers, Red Peppers, Coriander, Lemongrass (1.7%), Green Chillies (1.7%), Ginger, Wheat Free **Soy** Sauce (Water, **Soya** Beans, Salt, Rice, Alcohol), Rapeseed Oil, Cornflour, Concentrated Lime Juice, Sugar, Salt, Cumin, Lime Leaf.

For allergens, see ingredients in **bold**. **Suitable for vegans & vegetarians**. Store in a cool dry place. Refrigerate once opened & consume within 2 days.

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

Nutrition Per 100g

Energy	377kJ/91kcal
Fat	5.4g
of which Saturates	4.1g
Carbohydrates	7.4g
of which Sugars	1.9g
Fibre	1.5g
Protein	2.3g
Salt	0.85g

Low FODMAP* Info Per 100g

Total Fructans	< 0.1g
GOS	< 0.1g
Fructose	0.4g
Glucose	0.3g
Lactose	0g
Mannitol	< 0.1g
Sorbitol	< 0.1g

260g



MADE IN
THE UK

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