GoodLife FOR THE LOVE OF VEG

Mushroom and spinach filled with a cheese & garlic sauce and coated in breadcrumb.

NUTRITION
when oven baked according to instructions

Typical Values	Per 100g (when oven baked)	Each kyiv (when oven baked)
Energy	205kcal	242kcal
	858kJ	1012kJ
Fat	11g	13g
of which saturates	2g	2.4g
Carbohydrate	19g	22g
of which sugars	1.8g	2.1g
Fibre	3.2g	3.8g
Protein	6.5g	7.7g
Salt	1.1g	1.3g

This pack contains 2 servings
**Reference intake of an average adult (8400kJ/2000kcal)*

COOKING INSTRUCTIONS & STORAGE INFORMATION
Always cook from frozen

Oven: Preheat oven to 200°C / Fan 180°C / Gas 6. Remove from packaging. Place kyivs onto a baking tray in the centre of the oven for 25-28 minutes.

All appliances vary. These are guidelines only. Once cooked, check food is piping hot before serving. Do not reheat.

Keep frozen at -18°C. If food is thawed do **not** refreeze.

INGREDIENTS & ALLERGY ADVICE

Vegetables (17% Mushroom, Onion, 9% Spinach), 15% Cheese and Garlic Sauce (Cheddar Cheese (**Milk**), Water, Full Fat Soft Cheese (**Milk**), Butter (**Milk**), Garlic, Starch, Emulsifying Salts (E450, E452), Salt, Antioxidant (Ascorbic Acid), Parsley), Brown Rice, Breadcrumbs (Fortified **Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Water, Potato Flakes (Potato, Antioxidant (Extracts Of Rosemary)), **Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Tapioca Starch, Free Range Chicken **Egg** White Powder, Rapeseed Oil, Onion Powder, Garlic Powder, Maize Flour, Poppyseed, Yeast Extract, Linseed, Millet, Sunflower Seeds, Salt, Herbs.

For allergens, including cereals containing gluten, see ingredients in **bold**.

Free from artificial colours and preservatives.

Product is suitable for vegetarians.

THESE MUSHROOM & SPINACH KYIVS WERE LOVINGLY CREATED BY:

Goodlife Foods (UK) Ltd
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Vegetarian Society APPROVED

250g℮

GoodLife

We're all about seriously tasty veg-based meals that are packed with flavour and absolutely no artificial nasties. And the best bit? Every single one is ready and on the table in 30 minutes or less, so you have more time to live the good life.

MUSHROOM & SPINACH KYIV

with a creamy cheese & garlic sauce

VEGETARIAN & SOURCE OF FIBRE

These super tasty vegetarian kyivs are made with mushrooms, spinach and brown rice, filled with a creamy cheese and garlic sauce, and coated in a crunchy breadcrumb. Delicious with veggie rice, salad or pop them in a tray bake.

2 PACK

Serving suggestion

Each oven baked kyiv contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
1012kJ 242kcal 12%	13g 18%	2.4g 12%	2.1g 2%	1.3g 22%

OF YOUR REFERENCE INTAKE*
Typical values per 100g: Energy 858kJ / 205kcal

GoodLife
MUSHROOM & SPINACH KYIV
with a creamy cheese & garlic sauce

Best before:

Keep frozen at -18˚C.
If food is thawed do **not** refreeze.

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GoodLife
MUSHROOM & SPINACH KYIV
with a creamy cheese & garlic sauce

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Client	Van_Oers_Snacks_B_V	Order		CMYK	
Reference	5020980B__KDS_MUSHR__SPINACH	Repro order	24858	Specials	
Client nr.	372763				

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COLOURS

5.2	Black
0.7	Cyan
4.6	Magenta
10.8	Yellow
2.4	PANTONE 7731 C
16.1	PANTONE 7738 C
	Profile 100049.3 mm²

Unless specifically instructed, all special colours will be matched to digital spectral data; either digital Pantone values or CXF colour data for special colour matches.

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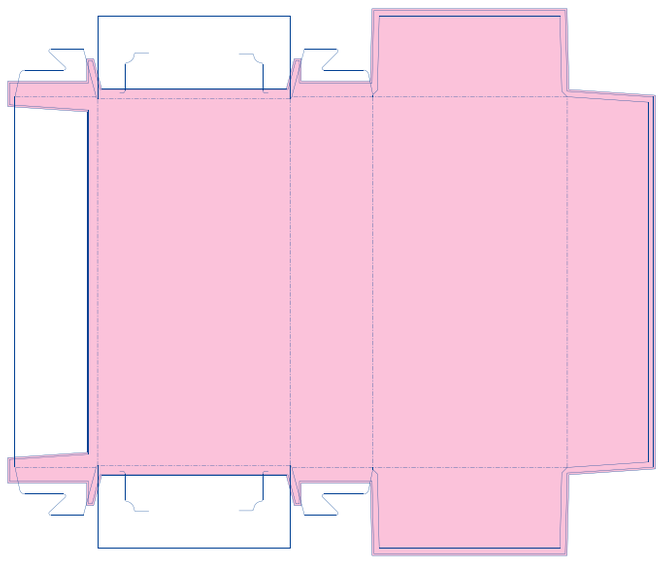
25% scale



Gloss Varnish