

Roasted Vegetable and Harissa Gourmet Roll

Nutrition Facts

Raw Weight:
180g e

Typical values	Per 100g
Energy (kJ)	1,120
Energy (kcal)	268
Fat (g)	16
Saturates (g)	5.5
Carbohydrate (g)	26
Total sugars (g)	3.2
Protein (g)	5
Salt (g)	0.43

Handcrafted in Yorkshire, vegan suitable puff pastry.

Ingredients: Wheat Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Pastry Margarine (Vegetable Oil (Palm, Rape), Water, Emulsifier (E471), Salt, Natural flavouring, Colour (E160a)), Onion (8%), Water, Breadcrumb (**Wheat** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Red Pepper (6%), Butternut Squash (5%), Cannellini Beans (Cannellini Beans, Water, Salt, Antioxidant: Ascorbic Acid), Chickpeas (Chickpeas, Water), Swede (4%), Sweet Potato (4%), Red Onion, Harissa (4%), Green Lentils, Pearl **Barley**, Apricots (Apricots, Rice Flour, Preservative: **Sulphur Dioxide**), Garlic, Linseed, Shortening (Vegetable Oils (Palm Oil, Palm Stearin, Rapeseed Oil)), Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane)), **Soya** Milk (**Soya** Base (Water, Hulled **Soya** Beans (8.7%)), Apple Extract, Acidity Regulators (Potassium Phosphates), Calcium Carbonate, Sea Salt, Stabiliser (Gellan Gum), Potassium Iodide, Vitamins (B2, B12, D2)), White Wine Vinegar 6% Acidity, Salt, Paprika Flakes, Cumin Seeds, Parsley, Fennel Seeds, Tomato Puree (Tomatoes), IQF Coriander, Cracked Black Pepper, Ground Coriander Seeds, Caramel Colour (Ammonia Caramel E150c), Ground Black Pepper, Dried Thyme; Harissa contains: Red Pepper (66%), Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane)), Tomato Puree (Tomatoes), Sherry Vinegar (Sherry Vinegar 7% Acidity, Preservative: Potassium **Metabisulphite**), Salt, Garlic, Crushed Chillies, Cumin Seeds, Ground Cumin, Ground Coriander Seeds

Allergens:

Contains: Barley, Wheat, Sulphites, Soya

Made in a factory which uses nuts, milk and egg. May contain Sesame