

# PLANT-BASED IQF MINCE

**Our Plant-Based Free Flow Mince is a great meat replacement in a variety of recipes such as chilli, Bolognese, lasagne and so much more!**

**Cost: £27.00, 8x1kg, £0.34 per 100g portion)  
Pack size: 1x2kg**

## Key attributes

- Ready to cook
- Gluten free
- High in plant protein
- Versatile ingredient
- Easy portion control

## Ingredients (Allergens in bold)

Water, **Pea Protein (32%)**, Yeast Extracts, Natural Flavouring, Beetroot Extract, Caramelised Carrot Concentrate, Carrot Concentrate, Salt

Nutritional information	Per 100g
Energy kJ	684
Energy kcal	162
Total Fat	11.8g
Of which saturates	1.0g
Carbohydrate	2.0g
Of which sugars	0.5g
Fibre	3.9g
Protein	29.1g
Salt	2.24g

## Cooking times

- Rationale Oven, 180°C, 5% Steam, 8 mins

Always cook from frozen, see packaging for full cooking instructions.

## Storage instructions

Keep frozen. Do not exceed use by date. Do not re-freeze.

## Shelf life

Frozen - 12 months



Vegan



Vegetarian

**For more information, please email:  
[foodservice@meatlessfarm.com](mailto:foodservice@meatlessfarm.com)**

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**MEATLESS  
FARM**

LOVINGLY MADE FROM PLANTS