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QUORN SWEDISH STYLE BALLS

★★★★☆ (781)

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Quorn Swedish Style Balls are deliciously versatile. Serve with rich tomato sauce and a good helping of pasta for a meat free version of the classic spaghetti meatballs. High in protein & a source of fibre, they're just like regular meatballs but without the meat – making them a simple swap in to your favourite family recipes.

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Mince & Meatballs

Main Course

Weeknight Dinner



130 cals
(Per 100g)



4.6g of fat



Frozen



PRODUCT INFORMATION



High in
protein



Source of
fibre

Pack size: 300g (frozen)

INGREDIENTS

Mycoprotein (50%), Textured **Wheat** Protein (**Wheat** Flour, Stabiliser: Sodium Alginate), Rehydrated Free Range **Egg** White, Onion, Natural Flavourings (contains **Barley**), Palm Oil, Rice Starch, Roasted Barley Malt Extract.

For allergens, including cereals containing glutens, see ingredients in **Bold**.

NUTRITIONAL INFORMATION

	Per 100g
Energy - kj/kcal	545kJ
	130kcal
Fat	4.6g
of which saturates	2.7g
Carbohydrate	7.4g
of which sugars	0.7g
Fibre	3.0g
Protein	13.2g
Salt	1.4g

COOKING INSTRUCTIONS

RELATED FAQs

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RECIPE INSPIRATION

Cook up a storm with our tasty recipes. They’re delicious and are kind to the planet’s resources too. Win Win.

SEE ALL RECIPES



Serves 4



500

(Per se



Serves 4 - 6



253

(Per si



Serves 4



15 mi



Serves 18



45 m



Serve

WE'RE WORKING ON IT

We're still doing the maths on this one...

We're working on carbon footprints for more of our products, and hope to have a figure for this one soon, so that you can understand the carbon emissions for farm to shop.

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United Kingdom

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'Helping the planet one bite at a time' relates to products such as Quorn Mince, which are among the 60% of Quorn volume sold in the UK which footprints have been certified to 'Reducing CO2' by the Carbon Trust for the full lifecycle of the product. This not only means we know the carbon footprint of the product, but also that we have committed to reducing it over time. For further details of our carbon emissions by product view the full report [here](#)