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3UQG310  
 20 September 2017  
 12 April 2023  
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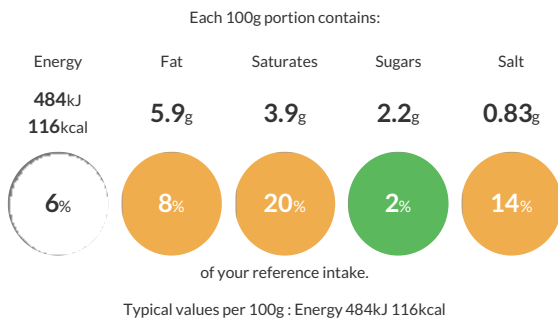
## Ard Quinoa Veg Stir Fry 10x1kg

Short Product Name:  
 Quinoa Veg Stir Fry

Tomatoes, curly kale, leek and soy beans with quinoa and brown rice, in a curry-ginger-seasoning, deep frozen. The used ingredients and raw materials are in accordance with the valid Ardo Austria Frost-Specifications.

Traded Unit GTIN: 5411361087381 Internal GTIN: 5411361087374 Supplier : Ardo UK Suppliers Product Code : 3UQG310

### Reference Intake



### Nutritional Information

Typical Values	Per 100g
Energy	484kJ 116kCal
Carbohydrates	12g
of which sugars	2.2g
Fat	5.9g
of which saturates	3.9g
Fibre	1.8g
Protein	3.2g
Salt	0.83g

### Allergy Information

Key: Contains May Contain


### Dietary Information

Key: Suitable for

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#### Gluten Claim

Gluten content is less than 20ppm.

### Ingredients

Vegetables 63% (tomatoes, curly kale, **SOY BEANS**, red onion, leek; in various proportions), quinoa precooked 17% (water, quinoa), brown rice, sunflower oil, water, seasoning (salt iodised (salt, potassium iodate), dried glucosesyrup, spices), sugar, curry spice mix (curcuma, cilantro, fenugreek, ginger, cumin, iodized salt (salt, potassium iodide), corn starch, cayenne pepper), salt, spices

Ingredients % information

Tomatoes diced 23

Quinoa precooked 17 water, quinoa

Curly kale 16

Rice brown

Soy beans 10

Onion red 8

Leek julienne 6

Sunflower oil

Water

Seasoning salt iodised (salt, potassium iodate), dried glucosesyrup, spices

Sugar

Curry powder

Salt

Spices Garlic powder, ginger ground