

Supplier's Product Code :  
Product Added :  
Last Updated by Supplier :  
erudus id :

30CG322-  
26 June 2024  
26 June 2024  
0c896d2d8df14f0284746c47240ad156



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## Cut Okra 10x1kg

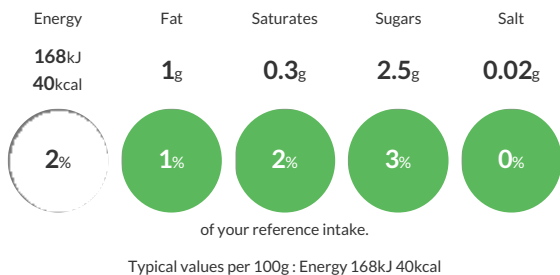
Short Product Name:  
Cut Okra

Okra is very popular in countries such as Greece, Turkey and Egypt, is eaten and prepared like a vegetable and makes a really tasty addition to casseroles and soups. An exotic delight!

Traded Unit GTIN: **5411361018743** Internal GTIN: **5411361018736** Supplier : **Ardo UK** Suppliers Product Code : **30CG322-**

### Reference Intake

Each 100g portion contains:



### Nutritional Information

Typical Values	Per 100g
Energy	168kJ 40kCal
Carbohydrates	3g
of which sugars	2.5g
Fat	1g
of which saturates	0.3g
Fibre	-g
Protein	2.8g
Salt	0.02g

### Allergy Information

Key: **Contains** **May Contain**



Allergen Statement  
none

### Ingredients

100% okra

### Dietary Information

Key: **Suitable for**

