

# Bay's Kitchen

## Takeaway Selection

### INGREDIENTS, ALLERGENS & NUTRITION

This selection contains 6 of our Gluten & Dairy Free, Low FODMAP & Vegan sauces which are perfect for a 'fakeaway' night in!

Product	Ingredients List. Allergens are highlighted in <b>bold</b> .	Allergens (Shown in <b>bold</b> )	Typical Nutritional Values per 100g
<b>Sweet &amp; Sour Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Sugar, Pineapple Juice Concentrate (7%), Pineapple (6%), Tomato Puree, Cider Vinegar (6%), Green Peppers, Red Peppers, Cornflour, Olive Oil, Chives, Salt, Black Pepper.		Energy 386kJ / 91kcal Fat 0.6g of which saturates 0.1g Carbohydrate 20.3g of which sugars 16g Fibre 0.5g Protein 0.8g Salt 0.31g
<b>Mild Korma Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Coconut Cream (34%), Water, Tomatoes, Ginger, Dextrose, Rapeseed Oil, Cornflour, Turmeric, Garam Masala (Coriander Seed, Cumin, Ginger, Cassia, Black Pepper, Cloves) (1.3%), Salt, Concentrated Lemon Juice, Cumin, Cardamon.		Energy 620kJ / 149kcal Fat 11g of which saturates 7.3g Carbohydrate 9.1g of which sugars 5.3g Fibre 0.8g Protein 3g Salt 1.34g
<b>Tikka Masala Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Tomatoes, Water, Coconut Cream (11%), Tomato Puree, Rapeseed Oil, Cornflour, Coriander Leaf, Cumin, Dextrose, Concentrated Lemon Juice, Coriander Seed, Ginger, Salt, Paprika, Turmeric, Dried Chillies, Black Pepper.		Energy 393kJ / 95kcal Fat 6.7g of which saturates 2.5g Carbohydrate 5.3g of which sugars 3.7g Fibre 1.9g Protein 2.4g Salt 0.94g
<b>Thai Green Curry Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Coconut Cream (35%), Water, Bamboo Shoots, Green Peppers, Red Peppers, Coriander, Lemongrass (1.7%), Green Chillies (1.7%), Ginger, Wheat Free <b>Soy</b> Sauce (Water, <b>Soya</b> Beans, Salt, Rice Alcohol), Rapeseed Oil, Cornflour, Concentrated Lime Juice, Sugar, Salt, Cumin, Lime Leaf.	<b>Soy</b>	Energy 377kJ / 91kcal Fat 5.4g of which saturates 4.1g Carbohydrate 7.4g of which sugars 1.9g Fibre 1.5g Protein 2.3g Salt 0.85g
<b>Thai Massaman Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Coconut Cream (35%), Lemongrass (3%), Ginger, Cornflour, Coriander Leaf, Spices (Coriander Seed, Cumin, Cayenne Pepper, Cinnamon, Cardamon, Turmeric) (1.4%), Rapeseed Oil, Salt, Concentrated Lime Juice, Dextrose, Lime Leaf (0.3%).		Energy 462kJ / 111kcal Fat 8.9g of which saturates 6.3g Carbohydrate 5.6g of which sugars 1.6g Fibre 1.1g Protein 1.7g Salt 0.99g
<b>Katsu Curry Stir-in Sauce, 260g Jar</b>  This product is ambient and will have a minimum of 9 months shelf life when dispatched.	Water, Coconut Cream (31%), Wheat Free <b>Soy</b> Sauce (Water, <b>Soya</b> Beans, Salt, Rice, Alcohol) (8%), Dextrose, Cornflour, Curry Powder (Coriander, Turmeric, Fenugreek, Chilli, Salt, Cumin, Fennel, <b>Mustard</b> , Black Pepper) (2.7%), Ginger, Rapeseed Oil, Concentrated Lemon Juice, Turmeric. For allergens see ingredients in bold.	<b>Soy Mustard</b>	Energy 575kJ / 138kcal Fat 9.4g of which saturates 6.4g Carbohydrate 10.5g of which sugars 4.4g Fibre 1.2g Protein 2.2g Salt 0.87g