



Country Range Dates (4x3kg)

Additional Information

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| Product Code | 402107 |
| Product Description | You can do a lot with whole pitted dates, you can bake healthier cakes and cookies, you can add them to energy bars and breakfasts, this versatile ingredient can also be eaten straight from the bag. . Suitable for vegetarians. Vegan friendly |
| Height (mm) | 324.0000 |
| Length (mm) | 316.0000 |
| Width (mm) | 256.0000 |
| Outer EAN 1 | 5023616394900 |
| Storage Type | Ambient |
| Brand | Country Range |

Ingredients

| | |
|-------------|-------------------------------|
| Ingredients | Dates (99,8%), Sunflower Oil. |
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Dietary Information

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| Approved for a Halal Diet | No |
| Approved for a Kosher Diet | No |
| Suitable for Coeliacs | Yes |
| Suitable for Lactose-Free Diet | Yes |
| Suitable for a Vegan Diet | Yes |
| Suitable for a Vegetarian Diet | Yes |

Allergens

| | |
|-----------|----|
| Celery | No |
| Gluten | No |
| Crustacea | No |
| Egg | No |
| Fish | No |
| Lupin | No |
| Milk | No |
| Molluscs | No |
| Mustard | No |
| Nuts | No |
| Peanuts | No |
| Sesame | No |
| SOYA | No |
| Sulphites | No |

Nutritional Information

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|---|----------|
| Carbohydrate Per 100g (g) | 68 g |
| Carbohydrate of which Sugars per 100g (g) | 68 g |
| Fat per 100g (g) | 0.2 g |
| Fat of which Saturates per 100g (g) | 0 g |
| Fibre per 100g | 4 g |
| Energy per 100g (kcal) | 295 kcal |
| Energy per 100g (kj) | 1235 kj |
| Protein per 100g (g) | 3.3 g |
| Salt per 100g (g) | 0 g |

Disclaimer:

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