



## Central Foods Gluten Free Cajun Spice Sweet Potato Roulade (16x195g)

### Additional Information

Product Code	978783
Product Description	A gluten-free and vegan Cajun spiced sweet potato roulade, filled with vegan soft 'cheese', a sweet and spicy red pepper and red onion chutney.
Height (mm)	166.0000
Length (mm)	276.0000
Width (mm)	258.0000
Outer EAN 1	5060062472554
Storage Type	Frozen
Brand	Central Foods

### Ingredients

Ingredients	Water, Gluten-Free Self Raising Flour (Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Thickener (Xanthan Gum)), Coconut Preparations (14%) (Water, Coconut Oil, Stabilisers (Potato Starch, Maize Starch, Modified Potato Starch, Carob Bean Gum, Acacia Gum), Coconut Cream, Salt, Calcium Phosphate, Acidity Regulator (Citric Acid), Maltodextrin, Colour (Carrot Concentrate), Natural Flavouring (Vitamin D2, Vitamin B12)), Sweet Potato (11%), Caster Sugar, Red Peppers, Chopped Tomatoes (Tomatoes, Tomato Juice, Citric Acid), Gluten-Free Suet (Non Hydrogenated Vegetable Oils (Palm, Sunflower), Rice Flour), Red Wine Vinegar, Red Onion, Chia Seeds, Modified Maize Starch, Cajun Spice (1%) (Salt, Maltodextrin, Red Bell Pepper, Cayenne Pepper, Chilli Powder, Garlic Powder, Coriander, Oregano, Pimento, Cardamom, Ginger, Black Pepper, Cumin, Fennel, White Pepper, Flavouring Substance, Mustard Powder, Yeast Extract, Colour (Paprika Oleoresin), Sage, Thyme, Rapeseed Oil, Anti-Caking Agent (Silicium Dioxide)), Chives, Garlic, Oil Pomace Blend (Olive Oil Pomace, Rapeseed Oil), Oregano, Tabasco (Distilled Vinegar, Red Pepper, Salt), Smoked Paprika, Salt.
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## Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	Yes
Suitable for Lactose-Free Diet	No
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	May Contain
Molluscs	No
Mustard	Yes
Nuts	May Contain
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

## Nutritional Information

Carbohydrate Per 100g (g)	24 g
Carbohydrate of which Sugars per 100g (g)	7.7 g
Fat per 100g (g)	8 g
Fat of which Saturates per 100g (g)	4.9 g
Fibre per 100g	1.8 g
Energy per 100g (kcal)	177 kcal
Energy per 100g (kJ)	739 kJ
Protein per 100g (g)	1.7 g
Salt per 100g (g)	0.66 g

**Disclaimer:**

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