



Country Range Whole Fennel (4x350g)

Additional Information

Product Code	110029
Product Description	Whole fennel. A seed spice with a mild aniseed flavour which can be ground or used whole and toasted to flavour sweet or savoury dishes. Ideal for many curry dishes and accompaniments.
Height (mm)	200.0000
Length (mm)	168.0000
Width (mm)	170.0000
Outer EAN 1	5023616463309
Storage Type	Ambient
Brand	Country Range

Ingredients

Ingredients	Fennel Seed
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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	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

Carbohydrate Per 100g (g)	12.5 g
Carbohydrate of which Sugars per 100g (g)	0 g
Fat per 100g (g)	14.9 g
Fat of which Saturates per 100g (g)	0.5 g
Fibre per 100g	39.8 g
Energy per 100g (kcal)	345 kcal
Energy per 100g (kJ)	1444 kJ
Protein per 100g (g)	15.8 g
Salt per 100g (g)	0.2 g

Disclaimer:

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