

03684 | La Comida | 500g

La Comida Avocado Slices

Sliced IQF avocado, packed in a 500g bag. It can be used for salads, sandwiches or smoothies. With the cost of fresh spiraling ever upwards, IQF enables caterers to work to fixed costs and a guaranteed consistent quality fruit offering each and every time.

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Description

Legal Product Name	Avocado Slices
Unique Marketing Statement	Sliced IQF avocado, packed in a 500g bag. It can be used for salads, sandwiches or smoothies. With the cost of fresh spiraling ever upwards, IQF enables caterers to work to fixed costs and a guaranteed consistent quality fruit offering each and every time.
Brand Name	La Comida
Country of Origin	Peru

Ingredients

Ingredients	Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	5
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	703 kJ
Energy (Kilocalories)	171 kcal
Fat, Total	17.4 g
Saturated	4.2 g
Carbohydrate	1.8 g
Sugars	0.4 g
Dietary Fibre, Total	0 g
Protein, Total	1.8 g
Salt	0.01 g
Sodium	514 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat	Does NOT Contain
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	Yes
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	SEDEX registered
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Defrosting Instructions	Unopened bags, store in a refrigerator (max. 4 °C) and use within 3 days. Once opened, store in a refrigerator (max. 4 °C) and use within 24 hours. Do not refreeze once defrosted.
Microwave Instructions From Frozen	2 minutes (Portions of 250 to 500g)

Packaging

Do you have any packaging environmental claims?

NO