Country grill (grilled vegetable mix)

grilled vegetables: Broccoli, courgettes/zucchini, aubergines, red peppers, yellow peppers, onions, sunflower oil



Nutrition information (100g)

Energy 204kJ/49kcal

Fat 1.2g

Fat of which saturates 0.2g

Carbohydrate 4.9g

Carbohydrate of which sugars 3.4g

Fibre 3.3g

Protein 2.0g

Salt 0.05g

Preparation

Heat 1-2 tablespoons vegetable oil in a pan. Add the country Grill and cook on a medium heat fo r6-8 minutes. Stir regularly.

Preheat the oven to 180°C. Thinly coat frozen Country Grill with oil, place into an ovenproof dish and heat for 20-25 minutes, stirring 1-2 times.

Logistical information (euro pallet)



1.0 kg
Item code: 10001102
Number and weight: 10x1.0 kg
Layer/cartons (subject to modification): 7x9
GTIN CU: 5411361018286
GTIN SU: 05411361018293
Packaging: polybag
Languages:
NL;FR;DE;UK;ES;PT;IT;DK;SE;NO;FI;GR

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