

Master Label Approval



It is important to eat a varied and balanced diet as part of a healthy lifestyle. Not 100% happy? Call 0800 952 0101. Riboflavin contributes to normal functioning of the nervous system.

RECYCLING



You can freeze mushrooms raw or cooked. Slice and freeze on a tray (or they'll stick together) and transfer to a sealed container. For more tips, visit lovefoodhatewaste.com or scan the QR code.

Packed for ASDA, Leeds
LSTH SAD/ASDA, Antrim BT41 4GY

250g e



At home, keep me in the fridge to keep flavour and taste for longer

NUTRITION

Typical Values (fried in rapeseed oil)	Per 100g	Reference Intake
Energy kJ	446	8400
Energy kcal	108	2000
Fat	11g	20g
of which saturates	0.8g	20g
Carbohydrate	<0.5g	260g
of which sugars	<0.5g	90g
Fibre	1.0g	
Protein	1.4g	50g
Salt	0.02g	6g
Vitamins		%RI
Riboflavin	0.39mg	28%

RI means Reference Intake.

COOKING INSTRUCTIONS

For best results cook from chilled. Remove all packaging. Wash before use.

FRY Medium / 7-10 Mins
Fry in a little rapeseed oil.

GRILL 5 Mins
Brush the caps lightly with oil and grill for 3 minutes, then turn the mushrooms and grill for a further 2 minutes.

OVEN COOK 180°C / 375°F / Fan 170°C / Gas 5 / 10-15 Mins

Brush the mushrooms with oil and bake. Check product is piping hot before serving. Do not reheat. We have given you these cooking instructions as a guide only.



1 of Your 5 a Day per 80g



SC: 987005
BC: (7) 14:58
N.IRELAND U.K. **K 3**

WASH BEFORE USE

MONAGHAN MUSHROOMS H18 FW95
WIN: 9442749 SC: 987005



(01)05054070337486(15)231103

MUSHROOMS NOT FOR EU
MT / 250g WHITE

BEST BEFORE

03 NOV
K 3

24x250g e

N.Ireland U.K.
Mushrooms

Approved by:

Date:

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