



Asia vegetable mix, 400g

colorful Asian - style vegetable mix



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| article number 230510 | barcode (item)  4 026813 000170 | barcode (packaging)  4 026813 001214 | eco-ID 84524 |  |
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Brand

bio inside



Quality

EU organic logo, EU agriculture

Marketing text

bio inside offers a wide range of products comprising fresh basic, tasty and varied vegetables and fruit that you can use to make creatively delicious meals for an active way of life.

Consumer storage instructions supplement

Store at -18°C. Once defrosted do not refreeze.

Preparation instructions

In the pan: preheat 2 tablespoons of vegetable oil in a pan. Add the required amount of frozen ASIA vegetable mix. Fry shortly for about 6-8 minutes using medium heat. Stir occasionally.

In the wok: preheat 1 tsp of vegetable oil in a wok. Pour in the ASIA mix and cook at high temperature for about 6-8 minutes stirring continuously until vegetable is crisp and ready. Season to taste, for example with fine cut lemongrass and ginger. Serve it with rice or Asian pasta.



Manufacturing

Coming directly from the field, bio inside products are immediately deep-frozen to preserve all their important vitamins and flavours.

Origin

Netherlands (NL)

Origin of the raw materials

Various countries

Ingredients

Carrots*, cauliflower*, leek*, mushrooms*, mungo bean sprouts* (10%), onion*, green beans*, red and green pepper* (in variable weight proportions)

*= ingredients from organic farming

allergy notes

contained: Umbelliferae

other allergy and dietary notes

vegan ✓ vegetarian ✓



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category-specific information

Legal product category..... food
 Sweetener..... not sweetened
 Preparation type..... Frying pan

Quality

Organic product..... yes
 Official organic labels..... EU organic logo
 Organic certification body..... NL-BIO-01

Further legal information

Additives, declaration obligatory..... Contains no declaration obligatory additives

Compulsory label information

Compulsory additive label information..... Legal demands: The product meets the requirements of EC Directives and the following. Fully accepted organic product according to applicable EU Organic Regulation. GMO: The products do not contain genetically modified raw materials or genetically modified organisms since it is processed according to applicable EU Organic Regulation. Unintentional genetic modifications that enter the food in traces during cultivation, production, placing on the market or handling are not taken into account. Therefore it is not mandatory to label the products according to the Council Regulation (EC) No 1829/2003 and (EC) No 1830/2003.

Legal information

Address of distributor..... Demeter-Felderzeugnisse GmbH, Neue Bergstraße 13, D-64665 Alsbach

nutritional values & analytical results per 100 g

Energy in kJ / 100 g or 100 ml..... 123 kJ / 29 kcal
 Fat..... 0,3 g
 of which saturates..... 0,1 g
 Carbohydrates..... 3,4 g
 of which sugars..... 3,0 g
 Fibre..... 2,6 g
 Protein..... 2,0 g
 Determining the nutritional values by..... calculation
 Salt..... 0,1 g

information on consumer unit

Sales designation of piece..... bag
 Packaging material..... LDPE

aroma, consistency

Taste..... typical, no off taste
 Odour..... fresh
 Consistency..... firm, typical for each ingredient