



# Ratatouille-Mix - Stir-fry vegetable mix, 400g

colorful mediterranean vegetable mix



article number	barcode (item)	barcode (packaging)	eco-ID	
230515	 4 026813 000361	 4 026813 001450	121301	

## Brand

bio inside



## Quality

EU organic logo, EU agriculture / Non 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

Frying Pan/Wok: Heat a little bit of oil in a frying pan or wok, add the desired amount of the deep-frozen product and stir-fry for approx. 10-15 min. under continuously stirring. Season to taste.

## 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

Cherry tomatoes\*, eggplant\* (antioxidant: citric acid), courgettes\*, red pepper\*, green/yellow pepper\*, onion\* (in variable proportions)

\*= ingredients from organic farming

## allergy notes

**contained:** Umbelliferae

## other allergy and dietary notes

vegan ✓ vegetarian ✓





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400g  
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### category-specific information

Legal product category..... food  
Sweetener..... not sweetened  
Preparation type..... Cooking pot

### 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

Legal designation of the product..... Stir-fry mix "mediterranean style"  
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..... 111 kJ / 26 kcal  
Fat..... 0,4 g  
of which saturates..... 0,1 g  
Carbohydrates..... 3,2 g  
of which sugars..... 3,2 g  
Fibre..... 2,3 g  
Protein..... 1,3 g  
Determining the nutritional values by..... calculation  
Salt..... 0,1 g

### information on consumer unit

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



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## aroma, consistency

**Taste**..... typical, no off taste

**Odour**..... fresh

**Consistency**..... firm, typical for each ingredient