



Eden Farm Hulley's

Ice Cream, Frozen Food and Chilled Wholesaler

Mayflower Chinese Style Egg Fried Rice 227g (12 Pack)

Product Images

CHINESE STYLE
egg fried rice

MAYFLOWER

NUTRITIONAL VALUES Per 100g	
Energy	621 kJ / 146.5 kcal
Protein	2.9g
Carbohydrates	29.3g
of which sugars	0.9g
Fat	2.6g
of which saturates	0.4g
Fibre	0.1g
Sodium	0.6g

BEST BEFORE END

LOW FAT	LOW SAT FAT	LOW SUGAR	MED SALT
5.9g	0.9g	2.0g	3.4g
Per serve	Per serve	Per serve	Per serve

227g

5 0 1 9 5 2 0 0 0 2 0 2 4

COOK FROM FROZEN – ALWAYS COOK UNTIL PIPING HOT.
OVEN: Do not remove lid. Place in preheated oven Gas Mark 6/200°C/400°F for 25-30 minutes.
STIR FRY: Allow to defrost. Heat a little oil in a wok or frying pan and stir fry for 2-3 minutes.
MICROWAVE: Press out contents into a dish suitable for microwave ovens. Do not cover. Set timer for 5 minutes in a 800 watt microwave oven (guide only times may vary according to power of microwave). Stir occasionally.
INGREDIENTS: Cooked rice 91%, egg 3%, salt, vegetable oil, soy sauce, sugar, flavour enhancer E621, spices. May contain traces of nut and/or seeds.
ALLERGEN INFORMATION: Contains wheat, gluten, soya, egg. **STORAGE:** At -18°C or colder, follow 'Best Before' date. In star marked freezers as follows *1 week **2 months ***3 months

Produced by: KingAsia Foods Ltd, Middle Bank, Doncaster DN4 5JJ UK.

UK DK 003 EEC

Additional Information

Product Code	3883
Price Marked	No
VAT Rate	0% (Zero)

Storage

Temperature	Frozen
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