

PUMPKIN & KALE MUFFIN

GLUTEN FREE

A hearty gluten free and vegan baked treat that combines the flavours of pumpkin and finely chopped nutritious kale, spiced with rosemary, and garnished with pumpkin seeds. The pumpkin provides a beautiful orange colour and creates a subtle earthy taste.

936g | pack of 6 serves

NUTRITIONAL INFORMATION

	Serving Size: 156.00	
	Average Quantity per serving	Average Quantity per 100g
Energy	2010kj	1290kj
Protein	4.1g	2.6g
Fat, total	26.4g	16.9g
- saturated	2.6g	1.7g
Carbohydrate	56.3g	36.1g
- sugars	3.3g	2.1g
Sodium	834mg	534mg

INGREDIENTS

Rice Flour, Pumpkin (19%), Canola Oil, Stabiliser (Thickener (1422), (471), (481), (415)), Water, Glycerine, Carrot, Apple Puree, Kale (4%), Tapioca Starch, Pumpkin Seeds (1.5%), Vinegar, Salt, Baking Powder (Contains Raising Agents (450, 500)), Raising Agent (500), Stabiliser (Contains Emulsifier (471)), Guar Gum (412), Pepper White Ground, Natural Colour (160a), Preservative (202), Rosemary (0%), Food Colour (Water, Food Colour (124), Food Acid (330), Preservatives (202, 211))

ALLERGENS

May Contain Milk;Soybeans;Tree nuts



Country of Origin Made in Australia from at least 80% Australian ingredients

Preparation Instructions Heating times are a guide based on 1000-watt microwave and may vary depending on your appliance. Microwave: Heat muffins from chilled on HIGH for 40 seconds

Storage Keep Frozen<-18°C. Thaw and Store refrigerated below 5°C and use within 5 days.

Frozen Shelf Life 364 days

Refrigerated Shelf Life 5 days

INNER CARTON

Serves 6 serves per carton

Gross Weight 0.94kg

Barcode 9331043023765

OUTER CARTON

Gross Weight 3.76kg

Barcode 19331043023762

QUICK INFO



DISCLAIMER: Priestleys endeavours to ensure the information from this website is current. Sometimes changes are made in ingredients. You must always rely on the nutritional, ingredient and allergen information on the packaging. You will appreciate Priestleys accepts no responsibility for any loss or injury suffered by any person relying upon any information from this website which differs from the information on the packaging of our product.