Roast Nutritional Info:

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|  | Roast per 100g |
| Calories | 203.95 |
| Total Fat | 5.13 |
| Sat | 0.75 |
| Poly | 2.53 |
| Mono | 1.53 |
| Carb | 13.89 |
| Fiber | 2.52 |
| Sug | 3.58 |
| Prot | 26.47 |
| Salt | 1.28 |

Ingredients:

Water, **Wheat** protein, gram flour, **soy** flour, nutritional yeast, garlic powder, onion powder, **soy** sauce, breadcrumbs, rusk (**wheat** flour, salt, ammonium hydrogen carbonate), fortified **wheat** flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin), tomato puree, dextrose, herbs, spices, preservative: sulphur dioxide, stabiliser: sodium triphosphate, antioxidant: sodium ascorbate, yeast, sodium citrate, black pepper, chili powder, sugar, glucose-fructose syrup, demerera sugar, cane molasses, modified maize starch, spirit vinegar, acidity regulator: Acetic Acid, **barley** malt vinegar, cane molasses, tamarind concentrate, ground cloves, lemon oil, roasted **barley** malt extract, colour: plain caramel, smoke flavouring, Preservative: Potassium Sorbate