

Lemon & Mustard Seed Dressing

Ingredients:

Rapeseed Oil (46%), Lemon Juice, White Wine Vinegar, Wholegrain Mustard (contains water, mustard seeds, spirit vinegar, salt), Sugar, Garlic Granules, Xanthan Gum (a natural stabiliser derived from glucose)

Allergens: Contains Mustard

Storage: Refrigerate and once opened, consume within 3 weeks



Nutrition per 15ml serving

Energy	278.8kj/ 68kCal
Protein	0.18g
Carbohydrates	1.7g
Sugars	1.6g
Fat	6.6g
Saturated Fat	0.4g
Fibre	0.01g
Salt	trace

Guided Daily Amounts

	Women	Men
Energy	2000kCal	2500kCal
Protein	45g	55g
Carbohydrates	230g	300g
Sugars	90g	120g
Fat	70g	95g
Saturated Fat	20g	30g
Fibre	24g	24g
Salt	6g	6g