Thompsons Food Service Ltd. **Nelsons Yard** South Denes Road Great Yarmouth Norfolk NR30 3PR



Tel: 01493 249649 Fax: 0845 051 8772

E-Mail: accounts@tfsltd.co.uk Web: www.tfsltd.co.uk

Atora Vegetable Suet - Information

Suitable for vegetarians

TFS Product Code: 029798

Suppliers Product Code:

Information Last Updated: 11/11/2024 **Date Produced:** 30/10/2025



Allergy Information

Key: Contains











Eggs



Lupin



Nuts













Milk

Celery Sulphur Dioxide

Soya

Cereal Peanuts

Nutritional Information

100g or 100ml Serving Unit:

815.00 Energy (kcal) 3355.00 Energy (kJ) Protein (g) 1.50 10.60 Carb (q) Of Which Sugars (g) 0.50

Fat (g) 85.10

Of Which Saturates

49.30 (g) Fibre (g) 0.50 Salt (g) < 0.01









Molluscs Mustard Fish

Dietary Information

Key: Suitable for











Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

> Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Vegetable Oils (85%) (Sustainable Palm, Sunflower), WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin).

Handling Information

Directions for Use

ATORA Dumplings 100g self-raising Flour Pinch of salt Pinch of white pepper 1tsp dried mixed herbs 70ml (4tbsp) cold water 60g cold ATORA Vegetable Suet 1. In a bowl mix the flour, pepper and herbs with the water to make a wet dough. Add the COLD suet and gently mix through the dough, do not over mix. 2. Divide the dough into 8 pieces and gently shape into balls with floured hand. 3. Place on the top of a simmering stew or casserole. Cover with a tight fitting lid and cook for 20 minutes. Serve piping hot. Mincemeat without added alcohol-replace the alcohol with a blend of orange and lemon juice but use only 225ml (8 floz).

Storage Instructions

This product is susceptible to melting, please keep away from direct sunlight and store in a cool, dry place, for best results, keep the pack refrigerated.

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