

## Atora Vegetable Suet - Information

Suitable for vegetarians

**TFS Product Code:** 029798  
**Suppliers Product Code:** 1017885  
**Information Last Updated:** 11/11/2024  
**Date Produced:** 10/09/2025

### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

|                        |               |
|------------------------|---------------|
| Serving Unit:          | 100g or 100ml |
| Energy (kcal)          | 815.00        |
| Energy (kJ)            | 3355.00       |
| Protein (g)            | 1.50          |
| Carb (g)               | 10.60         |
| Of Which Sugars (g)    | 0.50          |
| Fat (g)                | 85.10         |
| Of Which Saturates (g) | 49.30         |
| Fibre (g)              | 0.50          |
| Salt (g)               | <0.01         |

### Dietary Information

Key: **Suitable for**



**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.

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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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