

Co-op Fusilli Pasta - Gluten Free - Information

Gluten free dried pasta made from Corn Flour and Rice Flour.

TFS Product Code: 030273
Suppliers Product Code:
Information Last Updated: 03/03/2025
Date Produced: 21/06/2026



Allergy Information

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



Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	353.00
Energy (kJ)	1495.00
Protein (g)	6.20
Carb (g)	77.00
Of Which Sugars (g)	0.60
Fat (g)	1.50
Of Which Saturates (g)	0.40
Fibre (g)	2.70
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.

Co-op Fusilli Pasta - Gluten Free - Information

TFS Product Code: 030273
Suppliers Product Code:
Information Last Updated: 03/03/2025
Date Produced: 21/06/2026



Ingredients

Corn Flour (70%), Rice Flour (30%), Water.

Handling Information

Directions for Use

Bring to boil 1 litre of water for every 100g of pasta. Add approximately 7g of salt in to the water and add the pasta. Stir occasionally and cook for approximately 6 - 8 minutes.

Storage Instructions

Ambient - Store on pallets under cool, dry conditions. Do not expose to strong odours or direct sunlight.

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.