

## Quorn Fillets - Vegan - Information

Vegan savoury flavour fillet, made with mycoprotein

**TFS Product Code:** 030237  
**Suppliers Product Code:**  
**Information Last Updated:** 02/08/2024  
**Date Produced:** 21/06/2026



### Allergy Information

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



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	98.00
Energy (kJ)	413.00
Protein (g)	14.00
Carb (g)	4.90
Of Which Sugars (g)	0.50
Fat (g)	1.20
Of Which Saturates (g)	0.40
Fibre (g)	6.30
Salt (g)	1.00

### 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

Mycoprotein (86%), Natural Flavouring, Pea Fibre, Potato Protein, Pea Protein, **Wheat** Gluten, Stabiliser: Carrageenan. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

## Handling Information

### Directions for Use

Cook from frozen. HOB - 12 MIN Preheat 1 tbsp of oil. Fry over a medium heat, turning frequently. OVEN - 15 MIN Preheat oven to 200°C, Fan 180°C/ Gas 6. Brush with a little oil. Place on a baking tray. Cook on middle shelf. All appliances vary, these are guidelines only. Check product is piping hot before serving.

### Storage Instructions

Keep frozen below -18°C. Do not refreeze once thawed

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