

Quorn Nuggets - Vegan - Information

These are our take on your favourite childhood nuggets. Perfect for little ones, or for those of us who never grew up. Plant-based nuggets that taste just like the real thing and are coated with a delicious breadcrumb.

TFS Product Code: 030318
Suppliers Product Code: BDF003
Information Last Updated: 20/01/2022
Date Produced: 23/08/2025



Allergy Information

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



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	242.00
Energy (kJ)	1010.00
Protein (g)	13.70
Carb (g)	25.00
Of Which Sugars (g)	2.70
Fat (g)	7.60
Of Which Saturates (g)	0.80
Fibre (g)	9.60
Salt (g)	0.90

Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



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.

Quorn Nuggets - Vegan - Information

TFS Product Code: 030318
Suppliers Product Code: BDF003
Information Last Updated: 20/01/2022
Date Produced: 23/08/2025



Ingredients

41% rehydrated WHEAT protein, breadcrumbs (WHEAT flour, spices, salt, yeast), WHEAT starch, onion, sunflower oil, WHEAT flour, MUSTARD (water, MUSTARD seed, vinegar, salt, sugar, spices), thickener (methylcellulose), sugar, herbs, salt, spices, vinegar, acid (citric acid), natural flavouring.

Handling Information

Directions for Use

(Product can also be cooked from frozen, please adjust cooking time accordingly). Product is pre-cooked but for best served should be cooked/re-heated as below to achieve texture outcome desired. Deep-fry: Pre-heat oil to 180°C and cook for Approx. 2 minutes. Oven-bake: Pre-heat the oven to 180°C and cook for around 8-10 minutes or until golden and slightly crisp. Flip nuggets mid-way for best results.

Storage Instructions

(-18°C) Frozen

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