

The Plant-it Food Company

101206 - Buddha Bowl Vegan



Buddha Bowl. Veggie Bites with a wholesome blend of Sweet Potato, Red Peppers, Curly Kale & Quinoa. Rich in fibre, with only 350 calories per meal our Buddha Bowl is ready in just 6 minutes



* Benefits

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Ingredients

Quinoa (Water, Quinoa), Buddha Bites (Vegetables [Carrot, Fava Bean, Red Bell Pepper, Broccoli, Spinach, Onion, Scallions, Zucchini, Curly Kale], Water, Pea Starch, Textured Pea Protein, Oat Fiber, Lime Juice, Shea Butter, Parsley, Cilantro, Basil, Sunflower Oil, Canola Oil, Natural Flavorings, Calcium Carbonate, Salt, Methyl Cellulose, Turmeric [Color], Citrus Fiber [Lemon, Lime]), Chickpea, Carrot, Tomato and Orange Sauce (Carrot Pure, Water, Chopped Tomato, Orange Juice, Lime Juice, Salt), Caramelized Red Onion (Red Onions, Sugar, White Onions, Brown Sugar, White

Onions, Sugar, White Onions, Brown Sugar, White Wine Vinegar, Balsamic Vinegar, Salt, Spices, Pectins, Garlic, Xanthan Gum), Curly Kale, Sweet Potato, Red Bell Pepper, Lime

Allergens

Free From:





Nutrition Facts

Servings per Container 1meal (11.5oz) Serving size

Amount per serving Calories

340

Odionics	34 0
% Da	aily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 63g	23%
Dietary Fiber 11g	39%
Total Sugars 20g	
Includes 12g Added Sugar	%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 2mg	10%
Potassium 430mg	10%

^{*} The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Frozen product, keep frozen UNIT UPC: 840202202969

Serving Suggestions

Heat & Serve

Prep & Cooking Suggestions

Microwave:Remove packaging, pierce film several times, microwave at 1000W for 6mins. For lower wattage ovens increase heating time. Stand for 1min before serving. Oven:Pre-heat oven to 400F, Fan 360F, Gas 6. Remove film and cover loosely with foil. Cook in middle shelf of oven for 45 mins. Ensure product is cooked to 160F.

Product Specifications

Brand	Manufacturer
The Plant-it Food Company	Earth Grown Foods Limited

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
840202202969	RF7501	101206	00840202202976		6/11.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
5.42lb	4.31lb	Ireland	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
12.76in	8.35in	5.75in	0.35ft3	16x11	237days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	340	Total Fat	6g	Sodium	380mg
Protein	13	Trans Fats	0g	Calcium	220mg
Total Carbohydrates•••	63g	Saturated Fat	1g	Iron	2mg
Sugars	20g	Added Sugars	12g	Potassium	430mg
Dietary Fiber	11g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images							

