

Tel: 01493 653429 E-Mail: accounts@yareshipping.co.uk

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Atora Vegetable Suet - Information

Suitable for vegetarians

Our Product Code: 029798

Suppliers Product Code:

Information Last Updated: 11/11/2024 **Date Produced:** 27/11/2025



100g or 100ml

815.00 3355.00

1.50

10.60

85.10

49.30

0.50 < 0.01

Nutritional Information

Serving Unit:

Energy (kcal)

Of Which Sugars (g) 0.50

Of Which Saturates

Energy (kJ) Protein (g)

Carb (g)

Fat (g)

Fibre (g)

Salt (g)

(a)

Allergy Information

Key: Contains













Sesame Gluten Crustaceans

Eggs Lupin

Nuts













Milk

Celery Sulphur Dioxide

Soya Cereal Peanuts







Fish

Molluscs Mustard

Dietary Information

Key: Suitable for









Kosher Vegetarian

Halal

Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. 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.

Yare Food Services Nelsons Yard South Denes Road Great Yarmouth Norfolk, NR30 3PR



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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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