

# Rubbed Mint

**UNIT:** 1 x 200g



## Description

A green to dark green mixture of rubbed leaves from drying and rubbing of spearmint (*Mentha spicata*).



## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

## Specifications

### Nutrition

Typical Values	Per 100g/ml
Energy	1192 kJ 285 kcal
Fat	6 g
- of which saturates	1.6 g
Carbohydrates	22.2 g
- of which sugars	0 g
Fibre	29.8 g
Protein	19.9 g
Salt	0.86 g

### Allergens

Contains Cereal  
Contains Gluten  
Contains Milk  
Contains Eggs  
Contains Peanuts  
Contains Nuts  
Contains Crustaceans  
Contains Mustard  
Contains Fish  
Contains Lupin  
Contains Sesame  
Contains Celery  
Contains Soya  
Contains Molluscs  
Contains Sulphur Dioxide

### Dietary Information

No	Suitable for Vegetarians	Yes
-	Suitable for Vegans	Yes
No	Suitable for Sufferers of Lactose Intolerance	Yes
No	Suitable for Coeliacs	Yes
No	Approved for a Halal Diet	No
No	Approved for a Kosher Diet	No
No		
No		
No		
No		
No		
No		

### Ingredients

Rubbed spearmint

### Directions for Use

N/A

### Storage Instructions

Ambient, dry, away from sunlight

### Packaging

GTIN: 5060154036954  
Inner GTIN: 5060154036961  
Weight/Volume: 200grams  
Packaging Type: Poly Treated PET/PE

### Country of Origin

Egypt ()

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 30/05/2025