

# 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<br>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 14/06/2025