



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	
No	Intolerance	
No	Suitable for Coeliacs	
No	Approved for a Halal Diet	No
No	Approved for a Kosher Diet	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:
Packaging Type: Poly Treated PET/PE

Country of Origin

Egypt ()

All Allergen and Nutrition information drawn from www.erudus.com on 01/02/2026