

BLACK GARLIC

Trio

BLACK GARLIC PICKLE



A trio of Black Garlic condiments, perfect for using as a sauce, marinade or a dip.

BLACK GARLIC KETCHUP



SMOKY BLACK GARLIC KETCHUP



360g

A trio of Black Garlic condiments.

Instructions for use:

A trio of Black Garlic condiments, perfect for using as a sauce, marinade or a dip.

Black Garlic Ketchup 125g

Ingredients: Brown Sugar, Acetic Acid, Black Garlic (16%), Sugar, Onions, Balsamic Vinegar (Acetic Acid, Cooked Grape Must), Tomato Purée, Olive Oil, Salt, Caramel, Black Pepper.

Nutritional Values

Typical Values	Per 100g
Energy	838 kJ 198 kcal
Fat	0g
of which Saturates	0g
Carbohydrate	45.0g
of which Sugars	38.0g
Protein	2.7g
Salt	0.19g

Smoky Black Garlic Ketchup 125g

Ingredients: Brown Sugar, Acetic Acid, Black Garlic (16%), Sugar, Onions, Balsamic Vinegar (Acetic Acid, Cooked Grape Must), Tomato Purée, Smoked Water, Olive Oil, Halen Môn Smoked Sea Salt PDO, Caramel, Black Pepper.

Nutritional Values

Typical Values	Per 100g
Energy	821 kJ 194 kcal
Fat	0g
of which Saturates	0g
Carbohydrate	44.0g
of which Sugars	38.0g
Protein	2.6g
Salt	0.03g

Black Garlic Pickle 110g

Ingredients: Black Garlic (31%), White Wine Vinegar, Onions, Dates, Brown Sugar, Tomato, Balsamic Vinegar (Wine Vinegar, Cooked Grape Must), Olive Oil, Concentrated Lemon Juice, Garlic, Turmeric, Apple Extract, Halen Môn Sea Salt PDO, Black Pepper.

Nutritional Values

Typical Values	Per 100g
Energy	742 kJ 176 kcal
Fat	1.1g
of which Saturates	0.2g
Carbohydrate	35.0g
of which Sugars	26.0g
Protein	4.8g
Salt	0.011g

Suitable for Vegetarians.

Storage Conditions:

Once opened, refrigerate and use within one month.

Store in cool and dark place.

Made for Lakeland in UK.