# The delicious new food for healthier eating: Quorn myco-protein / The Quorn Kitchen.

#### **Contributors**

Marlow Foods. The Quorn Kitchen.

### **Publication/Creation**

Ashford: Marlow Foods, [1992?]

#### **Persistent URL**

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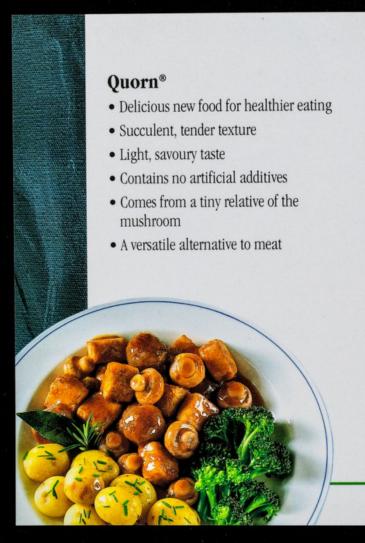
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## Healthier eating

- · Wholesome and nutritious
- Ounce for ounce, as much protein as an egg and as much fibre as fresh green vegetables
- Low in fat, with no animal fats at all
- Quorn contains no cholesterol
- Less than half the calories of cooked chicken breast

