



# Beetroot Sticks

WEIGHT PER UNIT APPROX. 40 G



## Packaging

ART.-NO.	8784
PER CARTON	2 x 2.0 kg (Bag)
CARTONS PER PAL./LAYER	99/9
EAN INDIV. PACKAGE	4006934 878414
EAN OUTER PACKAGE	4006934 878421
MDD	18 months

## INFO

Crispy vegetable sticks made with 52% chunky beetroot and a coarse pumpkin seed breading. Refined with hard cheese. Pre-fried.

## INGREDIENTS

Red beets 52 %, breading with pumpkin seeds 20 % [breading (WHEAT FLOUR, salt, yeast), drinking water, pumpkin seeds 4 %, WHEAT FLOUR, rice flour, modified starch, thickening agent hydroxy propylmethylcellulose, sea salt, spice], rapeseed oil, onions, HARD CHEESE, potato flakes, starch (contains WHEAT), sea salt, potato fibre, thickening agent methylcellulose, spices, sugar.

## Contents

- No hardened fats
- No preservatives
- No artificial colouring
- No natural colouring
- Vegetarian



## Nutrition

ENERGY	904 kJ / 217 kcal	DIETARY FIBRE	5,0
FAT	13 g	PROTEIN	6,3 g
OF WHICH SATURATES	2,2 g	SALT	0,88 g
CARBOHYDRATE	16,2 g		
OF WHICH SUGARS	3,8 g		



## Preparation

### FRYING PAN

Fry the frozen product with a little oil for about 8 minutes over low to medium heat. Turn over several times.

### DEEP-FAT-FRYER

Deep-fry the frozen product at fat temperature of 175 °C for 3-4 minutes.

### OVEN (CIRCULATING AIR)

Preheat oven to 200 °C. Distribute frozen product on parchment paper spread across the oven rack and bake approx. 17 minutes. Turn once after approx. 6 minutes.

### OVEN (TOP/BOTTOM HEAT)

Preheat oven (top and bottom heat) to 210 °C. Bake the frozen product on a baking tray with baking paper for about 22 minutes.

### STEAMER OVEN

(recommended preparation) Preheat steamer oven (hot air) to 200 °C. Bake frozen product for approx. 9 minutes on a gastro tray.