

Sweet Potato and Rucola Squares



INFO

Made from aromatic sweet potatoes and spicy rucola. Prefried.

INGREDIENTS

Sweet potatoes 32 %, potatoes, rapeseed oil, rucola 7,5 %, breading (WHEAT FLOUR, yeast, salt, BARLEY MALT EXTRACT, spices), potatoes dried (potatoes, starch), water, WHEAT FLOUR, potato starch, rice flour, iodised table salt, emulsifier mono and diglycerides of fatty acids, spices, sugar.

Contents

- No hardened fats
- No preservatives
- No artificial colouring
- No natural colouring
- Lactose-free
- Vegetarian
- Vegan

WEIGHT PER UNIT 100 G



Packaging

ART.-NO.	8730
PER CARTON	2 x 2.5 kg (Bag)
CARTONS PER PAL./LAYER	108/9
EAN INDIV. PACKAGE	4006934 873006
EAN OUTER PACKAGE	4006934 873013
MDD	18 months



Nutrition

ENERGY	796 kJ / 190 kcal	DIETARY FIBRE	3,4
FAT	7,4 g	PROTEIN	3,0 g
OF WHICH SATURATES	0,6 g	SALT	0,93 g
CARBOHYDRATE	26,1 g		
OF WHICH SUGARS	3,7 g		



Preparation

FRYING PAN

Fry the frozen product with some oil at medium for about 8 minutes or until crispy. Turn over several times.

DEEP-FAT-FRYER

Deep-fry the frozen product at a fat temperature of 175 °C for about 5 minutes.

STEAMER OVEN

(recommended preparation) Preheat steamer oven (hot air) to 200 °C. Bake the frozen product on a standard gastro tray for about 15 minutes.

OVEN (TOP/BOTTOM HEAT)

Preheat oven (top and bottom heat) to 220 °C. Bake the frozen product on a baking tray with baking paper for about 20 minutes.

OVEN (CIRCULATING AIR)

Preheat oven (circulating air) to 200 °C. Bake the frozen product on a baking tray with baking paper for about 18 minutes.

Deep-fry the frozen product at 190 °C for approx. 9 minutes. Fill the frying basket no more than half full. After half the time, shake the basket.