Sweet Potato and Rucola Squares

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		

INFO

Made from aromatic sweet potatoes and spicy ruccola. Prefried.

INGREDIENTS

Sweet potatoes 32 %, potatoes 25 %, potato breading (WHEAT FLOUR, potato fiber, salt, BARLEY MALT EXTRACT, spices, yeast), potato flakes, rapeseed oil, rocket 6,9 %, drinking water, WHEAT FLOUR, potato starch, rice flour, table salt, emulsifier mono and diglyceriedes of fatty acids, spices, sugar.

Contents

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

Preparation

FRYING PAN

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

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 (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-FAT-FRYER

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

Bake 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.