



Potatoes Rustica - precooked



Rustic, irregular shapes, just like hand-cut.

Wonderful in salads, as a side dish, with vegetables, etc.

NUTRITION INFORMATION (100G)

Energy: 323kj/76kcal

Fat: 0.3g

Fat of which saturates: 0.1g

Carbohydrate : 16.3g

Carbohydrate of which sugars: 1.1g

Fibre: 1.1g

Protein: 1.5g

Salt: 0.02g



PREPARATION



Fry the frozen product at 180°C in a deep fryer (4-6 min).



Preheat the oven to 200°C. Heat the frozen product in the oven at 200°C, adding a little vegetable oil (20-25 min.).



Put the desired quantity of product in a microwave bowl, cover and cook, stirring well.



Heat 1 - 2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat stirring well.



Cook the frozen product in a steamer. Be careful to not overcook. Season to taste. (see timetable)

LOGISTICAL INFORMATION (EURO PALLET)

2.5KG



Item code:	100260910
Number and weight:	4x2.5kg
Layer/Cartons:	10x9c
GTIN CU:	5411361021330
GTIN SU:	05411361021347
JD Edwards:	20538
Languages:	NL - F - D - UK - E - P - IT - GR - DK - SE - NO - FI - CZ - SK - H - HR - SL - RU - PL - RO - EE - LT - LV - BG