

## Sweet potatoes 10x10 Bio



Sweet potatoes have become a common addition to the menu in recent years. That means it's high time we included them in our organic range. The sweet taste, deep-orange colour and rustic appearance provide instant interest to any organic meal.

### NUTRITION INFORMATION (100G)

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Energy: 413kj/98kcal

Fat: 0.3g

Fat of which saturates: 0.1g

Carbohydrate : 21.3g

Carbohydrate of which sugars: 5.7g

Fibre: 2.4g

Protein: 1.2g

Salt: 0.1g

### PREPARATION

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Place the frozen vegetables in boiling water and bring back to boil. Frozen vegetables do not need to be cooked for as long as fresh since they are par cooked. Drain and season to taste.



Preheat the oven to 180°C. Heat the frozen product in the oven at 180°C, adding a little vegetable oil (20-25 min.).



Das gefrorene Produkt in der Friteuse bei 180°C frittieren (4-6 min).



## LOGISTICAL INFORMATION (EURO PALLET)

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10KG



<b>Item code:</b>	100254010
<b>Number and weight:</b>	1x10kg
<b>Layer/Cartons:</b>	9x9c
<b>GTIN CU:</b>	5411361081310
<b>GTIN SU:</b>	05411361081310
<b>Packaging:</b>	Carton
<b>Languages:</b>	NL - F - D - UK - E - P - IT - GR - DK - SE - NO - FI - CZ - SK - H - HR - SL - RU - PL - RO - EE - LT - LV - BG