



Tricolore vegetable fries

carrot, beetroot & parsnip fries



French fries with a twist thanks to the vibrant colours provided by carrots, beetroot and parsnips. All equally crunchy when they come out of the oven, deep fryer or air fryer.

INGREDIENTS

Carrot 29%, parsnip 28,5%, red beetroot 28,5%, sunflower oil, rice flour, modified potato starch, potato dextrin, maize flour, raising agents: diphosphates and sodium carbonate, salt, tapioca dextrin, stabilisers: xanthan gum and methyl cellulose, colours: paprika extract and curcumin.

NUTRITION INFORMATION (100G)

Energy: 529kJ/127kcal

Fat: 6g

Fat of which saturates: 0.6g

Carbohydrate : 14g

Carbohydrate of which sugars: 7.3g

Fibre: 4.9g

Protein: 1.7g

Salt: 0.36g



PREPARATION



8-10 Min./200°C



Deep fry the frozen vegetable fries for 3-4 minutes in pre-heated oil of 175°C.
Do not fry too many at once to avoid heat loss.



Place the vegetable fries in a single layer on a baking sheet. Bake in a preheated oven at 200°C for 20-25 min or until golden and crispy, turning once.

Tip: the vegetable fries become extra crispy by using aluminum foil on the baking tray

LOGISTICAL INFORMATION (EURO PALLET)

450G

2KG



Item code:	100349110
Number and weight:	12x450g
Layer/Cartons:	8x9c
GTIN CU:	5411361103180
GTIN SU:	05411361103197
JD Edwards:	27586
Packaging:	Polybag
Languages:	NL - F - D - UK - SL - IT - E - CZ

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Item code:	100145110
Number and weight:	4x2kg
Layer/Cartons:	8x9c
GTIN CU:	5411361121184
GTIN SU:	05411361121191
JD Edwards:	28058
Packaging:	Polybag
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

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