



200282C Vegetable Burger (Fribo)



Pack Size: 30 X 113G

Details: Vegetables, rice and potato, seasoned and formed into burgers.

Allergen Information

Contains:

Cereal, Eggs, Gluten, Milk

Free from:

Celery, Crustaceans, Fish, Lupin, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

Suitable for:

Vegetarians

Handling Information

Directions For Use:

Cooking instructions

Remove all packaging before cooking

Best results from frozen.

Frying pan: Pre heat oil in frying pan on a medium heat and cook for approx. 8-10

Storage Instructions:

Keep frozen at -18C

Do not refreeze once defrosted.

Product Ingredients

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Vegetables (Carrot 12%, Onion 12%, Green Beans 8%), Rice (21%), Water, Rapeseed Oil, Potato Flakes, **WHEAT** Flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), **EGG** White Powder, Onion Powder, Salt, **MILK** Protein, Potato Starch, Dextrose, Spice, Herbs.

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

190 kcal / 794 kJ

Fat:

10.2 g

of which saturates:

0.8 g

Carbohydrates:

17.7 g

of which sugars:

6.1 g

Fibre:

No Data

Protein:

5.6 g

Salt:

1.82 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.