



## 203909C Beefburgers 80% (Gourmet Island)



Pack Size: 96 X 57G

**Details:** Frozen beefburger suitable to cook from frozen.

### Allergen Information

**Contains:**

Cereal, Soya

**Free from:**

Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Celery

### Handling Information

**Directions For Use:**

Cook from frozen. To Grill: Place under grill on a medium heat for 4-6 minutes, turning halfway through cooking time. To Shallow Fry: Add a little oil to a hot frying pan. Fry on a medium heat for 4-6 minutes, turning halfway through cooking time. Not Suitable for microwave cooking. Check product is piping hot and juices run

**Storage Instructions:**

Store frozen at -18°C or colder. DO NOT REFREEZE ONCE THAWED.

### Product Ingredients

**Product Ingredients:**

Beef (80%) (Water, Salt), Textured **SOYA** Protein, Onions, Rusk (Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Seasoning (Pea Fibre, Stabiliser (E451(i)), Salt, Rusk (Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Onion, Dextrose, Pepper, Flavouring

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

274 kcal / 1137 kJ

**Fat:**

20.6 g

**of which saturates:**

8.3 g

**Carbohydrates:**

6.1 g

**of which sugars:**

1.9 g

**Fibre:**

0.7 g

**Protein:**

16.2 g

**Salt:**

1 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.

