

205577C Honey Roast Parsnips (Greens)



Pack Size: 10 X 1KG

Details: These honey roast parsnips are pre-fried to obtain the crunch and stick the glaze to the parsnip, a natural coating has been applied to the product which preserves all the healthy aspects of the vegetable, but gives you the same crunchiness and improved taste.

Allergen Information

Free from:

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

Suitable for:

Coeliacs, Vegetarians

Handling Information

Directions For Use:

- 1) Put 2 - 3 tablespoons of oil on a baking tray.
- 2) Preheat (!) an oiled baking tray at 220 degrees for 2-3 minutes
- 3) Bake the parsnips from frozen and place them evenly over the hot baking tray.
- 4) Bake for 25-30 minutes and turn the product after 15-20 minutes to ensure an even

Storage Instructions:

Refrigerator: 24 hours

Freezer compartment: 48 hours

Freezer: -18°C: see expiry date

Product Ingredients

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Parsnips 86%, batter 14% (water, starch, modified starch, dextrose, olive oil, salt, honey power 0.12%, honey flavour, curcuma, caramelised sugar)

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

109 kcal / 458 kJ

Fat:

2.9 g

of which saturates:

0.5 g

Carbohydrates:

17.3 g

of which sugars:

7.8 g

Fibre:

3.7 g

Protein:

1.6 g

Salt:

0.47 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.