

## 205577S Honey Roast Parsnips (Greens)



**Pack Size:** 1KG BAG

**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



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