



206230C Vegan Chip Shop Bites (Paramount)



Pack Size: 2 X 1KG

Details: A croquette filled with potato and crushed peas, encased in a cider vinegar batter.

Allergen Information

Free from:

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

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

For best results, cook from frozen. Deep fry in small batches in preheated oil at 180°C for 6-7 minutes.

Oven bake: place product on a baking tray in a preheated oven at 220°C and cook for 14-16 minutes, turning halfway through cooking.

Storage Instructions:

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

Product Ingredients

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peas (35%), potato (32%)(potato, sunflower oil, dextrose), cyder vinegar (9%), rice flour, gram flour, rapeseed oil, potato starch, water, maize starch, maize flour, salt, parsley, amaranth flour, dextrose, thickening agent (E415), raising agents (E450i, E500ii), white pepper.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

167 kcal / 700 kJ

Fat:

6 g

of which saturates:

0.5 g

Carbohydrates:

22.6 g

of which sugars:

2.1 g

Fibre:

2.8 g

Protein:

4.2 g

Salt:

0.74 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.