



These fully seasoned fries are the perfect accompaniment to any meal; or serve by themselves as a snack with your favourite dip.

- Quick, Nutritious and Delicious
- Gluten free
- Suitable for Vegetarians and Vegan



Item Code	Item Name	Pk/Size	UPC	SCC	Item (L x W x H)	Case (L x W x H)	Case Weight Net & Gross		CuFt	Tie/High
40509	Tri-colour Veggie Fries	12/500 g	800463405097	10800463405094	20.79 x 5.08 x 22.86 cm 8.19 x 2.0 x 9.0"	39.37 x 29.21 x 18.42 cm 15.5 x 11.5 x 7.25"	6 kg 13.2 lb	6.35 kg 13.9 lb	0.87	10 x 8 = 80 cases per pallet
40610	Tri-colour Veggie Fries - Foodservice	4 x 2 kg	800463406100	10800463406107		27.43 x 29.46 x 22.23 cm 10.80 x 11.60 x 8.75"	10.0 kg 22.05 lbs	10.20 kg 22.5 lbs	0.87	10 x 7 = 70 cases per pallet

Ingredients: Carrots, Parsnips, Beets, Sunflower oil, Modified potato starch, Rice flour, Corn starch, Dextrin, Salt, Citric acid, Sodium phosphate, Sodium bicarbonate, Xanthan gum, Paprika, Turmeric, Methylcellulose.

Allergen Status: None.

Nutrition Facts / Valeur nutritive	
Per 17 pieces (87 g)	Calories 110
Amount	% Daily Value
Teneur	% valeur quotidienne
Fat / Lipides 5 g	7 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 125 mg	5 %
Carbohydrate / Glucides 12 g	0 %
Fibre / Fibres 4 g	14 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 1 g	
Potassium 250 mg	5 %
Calcium 20 mg	2 %
Iron / Fer 0.4 mg	2 %

Handling / Cooking Instructions

Oven Place the frozen vegetable fries in a single layer on a baking sheet. Bake in a preheated oven at 200°C for 20-25 minutes or until golden and crispy, turning once. Tip: the vegetable fries become extra crispy by using aluminum foil on the baking tray.

Fryer Deep fry the frozen vegetable fries for 3-4 minutes in preheated oil at 175°C. Do not fry too many at once to avoid heat loss.

* DO NOT REFREEZE AFTER DEFROSTING.

Shelf Life

- 12 months Unopened

Nutrition Guide

- High source of fibre
- Low in Saturated Fat
- Free of Trans Fat
- Source of Potassium
- Low in Sodium
- Gluten Free
- Suitable for Vegetarians and Vegans

Perfect Compliments

Grilled Chicken, Fish or Steak • Tofu • Other Protein of Choice.

Chef's Suggestions

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Products Available

- Tri-Colour Veggie Fries
- Quinoa Stir Fry
- Mexican Style Roasted Corn
- Chopped Kale
- Chopped Spinach
- Chopped Onions
- Shelled Edamame
- Athlete's Mix
- Organic Chopped Kale
- Organic Chopped Spinach
- Kale, Corn & Peas
- Organic Kale, Butternut Squash & Quinoa