



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 x 500 g | 800463405097 | 10800463405094 | 20.79 x 5.08 x 22.86 cm<br>8.19 x 2.0 x 9.0" | 39.37 x 29.21 x 18.42 cm<br>15.5 x 11.5 x 7.25"   | 6 kg<br>13.2 lb         | 6.35 kg<br>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<br>10.80 x 11.60 x 8.75" | 10.0 kg<br>22.05 lbs    | 10.20 kg<br>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<br>Teneur                   | % Daily Value<br>% 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

- 2 years from time of packing. Refer to bag for a marked 'best if used by' date. Refrigerate any defrosted items and use within 1-2 days.

## 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

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

## Products Available

- Chopped Kale
- Chopped Spinach
- Chopped Onions
- Shelled Edamame
- Pepper & Onions
- Tri-Colour Veggie Fries
- Organic Chopped Kale
- Organic Chopped Spinach
- Organic Kale, Butternut Squash & Quinoa