

95982 | Fry's | 80-62.5g

Frys Traditional Vegetarian Sausages

Firm and juicy banger style vegan sausages, made from Fry's tasty chunky vegetable protein and flavoured with classic sausage spices.

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Description

Legal Product Name	FRYS TRADITIONAL VEGAN SAUSAGES
Unique Marketing Statement	Firm and juicy banger style vegan sausages, made from Fry's tasty chunky vegetable protein and flavoured with classic sausage spices.
Brand Name	Fry's
Country of Origin	South Africa

Ingredients

Ingredients	Wheat Protein (10.1%) [Gluten], Vegetable Protein (9.8%) [Soya, Wheat], Vegetable Oil [Sunflower Seed], Wheat Flour [Gluten], Potato Starch, Soy Protein, Flavours (3.1%) [E330(Citric Acid), E150c(Caramel), E341(Anti-caking Agent)], Maize Starch, Salt, Wheat Fibre, Colour: Caramel IV(3.1%) [E330(Citric Acid), E150c(Caramel), E341(Anti-caking Agent)], Maize Starch, Salt, Wheat Fibre, Colour: Caramel IV
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	80
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	707 kJ
Energy (Kilocalories)	169 kcal
Fat, Total	6.3 g
Saturated	0.8 g
Carbohydrate	8.1 g
Sugars	0.8 g
Dietary Fibre, Total	4.2 g
Protein, Total	15.7 g
Salt	2.003 g
Sodium	801 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains
Rye	Does NOT Contain

Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Contains
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	Yes
Kosher Certified	Yes
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	Ethical Trading Initiative (ETI)
Can any other sustainability claims be made for this product?	Vegan Society, Vegetarian Society, Ethical Consumer "best buy" recommendation
Does any other assurance scheme apply to this product?	Other

Preparation Suggestions

Is the product ready to eat?	NA
Oven	Cook from frozen for 10 - 12 minutes at 180°C, Gas Mark 6. DO NOT MICROWAVE
Oven From Frozen	NA
Microwave Instructions	NA
Fry	NA Cook from frozen - pan fry in a little oil on a medium heat for 8 - 10 minutes, turning frequently. DO NOT MICROWAVE NA
Grill	Cook from frozen for 8 - 10 minutes under a pre-heated hot grill, turn frequently. DO NOT MICROWAVE
Other	NA Cook from frozen - pan fry in a little oil on a medium heat for 8 - 10 minutes, turning frequently. DO NOT MICROWAVE NA

Packaging

Do you have any packaging environmental claims?

Recyclable