

76904 | Gourmet Selection | 4-2.27kg

Gourmet Selection Coated Thick Cut Fries 14mm

The ultimate best tasting fries. Incredible textured look and crisp finish. Suitable for vegans and pre-fried in sunflower oil. Versatile dual cook fries that can be oven cooked or fried.

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Description

Legal Product Name	Pre-fried and frozen coated fries
Unique Marketing Statement	The ultimate best tasting fries. Incredible textured look and crisp finish. Suitable for vegans and pre-fried in sunflower oil. Versatile dual cook fries that can be oven cooked or fried.
Brand Name	Gourmet Selection
Country of Origin	Belgium

Ingredients

Ingredients	Potato (94%), Sunflower Oil (3%), Modified Potato Starch, Rice Flour, Potato Starch, Salt, Dextrin, Raising Agent (Sodium Bicarbonate, Diphosphates), Thickener (Xanthan Gum), Dextrose, Paprika Extract, Turmeric Extract.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	22
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	615 kJ
Energy (Kilocalories)	146 kcal
Fat, Total	4.2 g
Saturated	0.5 g
Carbohydrate	24 g
Sugars	0.2 g
Dietary Fibre, Total	1.8 g
Protein, Total	2.2 g
Salt	0.42 g
Sodium	168 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat	Does NOT Contain
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	Does NOT Contain
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	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	no
Defrosting Instructions	Unopened bags of frozen fries can be stored in the refrigerator (max 4°C) for max 5 days. Opened bags, stored in refrigerator (max 4°C) should be used within 24 hours.
Oven From Frozen	Preheat the oven to 220 °C (425°C F) gas mark 7. Spread about 400g of frozen fries evenly on to a baking tray and bake for approximately 22-26 mins. Bake until golden yellow and do not overcook. Turn the fries halfway through baking time. When preparing smaller portions, reduce cooking time. Fan Oven: 200°C - (400 °F) (gas mark 6): 22-26 mins.
Fry From Frozen	Preheat oil to 180°C. Fill your basket up to halfway mark and fry for approximately 4 1/2 to 5 1/2 mins until a golden yellow colour is obtained. Do not overcook and reduce the cooking time when preparing smaller quantities. Drain well before serving.

Packaging

Do you have any packaging environmental claims?	n/a
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