

**Published**  
<https://www.bidfooddirect.co.uk>

30112 | Gourmet Selection | 4-2.27kg

# Gourmet Selection Waffle Fries

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.

Document published: 18/01/2023 14:21:10

Document version: 3



## Description

Legal Product Name	Pre-fried seasoned and coated lattice cut potato 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	Begium

## Ingredients

Ingredients	Potatoes (79%), Sunflower oil, Rice flour, Modified starch (Potato, Corn), Salt, Herbs & spices (Black pepper, Paprika powder, Chilli), Vegetable powder (Garlic powder, Onion powder), Starch (Corn), Stabiliser (Sodium Acid Pyrophosphate), Raising agent (Sodium bicarbonate), Colour agent (Paprika extract), Natural flavour.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

## Nutrition

Servings per Consumer Unit (Inner)	22
------------------------------------	----

Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	729 kJ
Energy (Kilocalories)	174 kcal
Fat, Total	7.0 g
Saturated	0.8 g
Carbohydrate	24 g
Sugars	0.2 g
Dietary Fibre, Total	2.4 g
Protein, Total	2.5 g
Salt	0.94 g
Sodium	376 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
Oven From Frozen	Preheat the oven to 220 °C/200°C Fan, Gas mark 7. Spread a single layer of fries onto a baking tray and bake for approximately 16-20 mins. Bake until golden and do not overcook. Turn the waffle fries halfway through baking time. When preparing smaller portions, reduce cooking time.
Fry From Frozen	Preheat oil to 175 °C. Fill your basket up to the halfway mark and fry for approximately 3 - 3 1/2 mins until a golden 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?	no
---	----

**Disclaimer:** As we do not manufacture we warrant only that we will transmit accurately product data (ingredient and allergen) as are received by us from the manufacturer/supplier of such product. By accepting product and image information you agree to obtain our written permission before you transmit such product data or images outside your business. You agree to check for updates and refer to the packaging at all times because product data change regularly. You must not alter the product data or images. If despite this you choose to do so we will not be responsible.