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30110 | Gourmet Selection | 4-2.27kg

# Gourmet Selection Thin Cut Fries Skin On 10mm

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## Description

Legal Product Name	Pre-fried and frozen coated skin on fries
Brand Name	Gourmet Selection
Country of Origin	Belgium

## Ingredients

Ingredients	Potato (87%), Sunflower Oil (5%), 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
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	654 kJ
Energy (Kilocalories)	156 kcal
Fat, Total	5.5 g
Saturated	0.6 g
Carbohydrate	23 g
Sugars	0.5 g
Dietary Fibre, Total	2.4 g
Protein, Total	2.3 g
Salt	0.65 g
Sodium	260 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	Oven: Preheat the oven to 220 °C / 200 °C Fan, Gas mark 7. Spread 300g of frozen fries evenly on to a baking tray and bake for approximately 20-22 minutes. Bake until golden yellow and do not overcook. Turn the fries halfway through baking time. When preparing smaller portions, reduce cooking time.
Fry From Frozen	Preheat oil to 180 °C. Fill your basket up to the halfway mark and fry for approximately 2 1/2 - 3 1/2 minutes 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?	/
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