



A&T

CRUMBED VEGETABLE PATTIE



Nutrition Information

Servings per package: 30
Serving size: 100gm

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	816kj	816kj
Protein	4.46g	4.46g
Fat, total	7.5g	7.5g
- saturated	1.7g	1.7g
Carbohydrate	26g	26g
- sugars	3.28g	3.28g
Sodium	468mg	468mg

Features & Benefits

- ✓ Tender mixed vegetables & creamy mash potato coated in a light golden bread crumb. An excellent vegetarian meal option.
- ✓ Ideal for canteens, hospitals, institution & takeaway.
- ✓ Oven Bake, Deep Fry & Shallow Fry from frozen.

Cooking: Deep fry from frozen at 180°C, for 5 minutes.
Oven bake in preheat conventional oven at 210°C, place frozen Crumbed Vegetable Pattie on a baking tray and cook for 20 minutes. For best results turn after 10 minutes.
Shallow fry from frozen at 180°C in a heavy base pan and cook on both sides for approximately 5 - 6 minutes.

Size: 100gm
Packed: 3kg
Code: CRUM29

INGREDIENTS: Wheat Flour, Sweet Corn, Green Pea, Carrot, Onion, Starch, Rice Flour, Potato Flour, Salt, Skim Milk Powder, Soybean Flour, Wheat Fibre, Yeast Extract, Spice, Maltodextrin, Guar Gum (E412), Xanthan Gum (E415), Vegetable Oil, Edible Glucose, Flavor, Egg White Powder, Leavening(E450i, E500ii), Dry Yeast, Citric Acid (E330), Mono-And Diglycerides Of Fatty Acids (E471), Sugar, Amylase Enzyme, Soybean Oil.

ALLERGY ADVICE: Contains milk, soybean, egg, wheat & their products. May also contain traces of crustacean, molluscs, sulphite.



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