



Sweet Potato Fries

UNIT: 4 x 2.5KG



Description

CHEF Assured sweet potato fries have a striking orange outer and a coating of rice flour and maize flour. This ensures the fries have a crunchy texture and soft inner when cooked - allowing them to stay warm for longer.

A healthier alternative to standard fries as product has a rich source of fibre, vitamins and minerals. Also rich in antioxidants such as beta carotene. Suitable for Vegetarians, Vegans and Gluten Free diets.



Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO₂

Specifications

Nutrition

Typical Values	Per 100g/ml
Energy	663 kJ 158 kcal
Fat	6.8 g
- of which saturates	0.9 g
Carbohydrates	20.8 g
- of which sugars	9.2 g
Fibre	2.9 g
Protein	2 g
Salt	0.58 g

Allergens

Contains Cereal	No
Contains Gluten	-
Contains Milk	No
Contains Eggs	No
Contains Peanuts	No
Contains Nuts	No
Contains Crustaceans	No
Contains Mustard	No
Contains Fish	No
Contains Lupin	No
Contains Sesame	No
Contains Celery	No
Contains Soya	No
Contains Molluscs	No
Contains Sulphur Dioxide	<10mg

Dietary Information

Suitable for Vegetarians	Yes
Suitable for Vegans	Yes
Suitable for Sufferers of Lactose Intolerance	Yes
Suitable for Coeliacs	Yes
Approved for a Halal Diet	No
Approved for a Kosher Diet	No



Ingredients

Sweet potatoes (87%), Sunflower Oil (8%), Seasoning (5%) [Maize flour, Rice Flour, unmodified corn starch, salt, spices (black pepper, paprika), garlic powder, onion powder, raising agents (E450,E500), Stabiliser (E415), spice extracts (paprika extract, sunflower seed oil)]

Directions for Use

Fryer: Deep fry small quantities of chips in hot oil (175°C) for approx. 3 minutes. Drain on absorbent paper before serving.

Cooking appliances vary. These instructions are given only as a guide.

Oven: Preheat the oven to 220°C, put the sweet potatoes in for 15-20 minutes.

Storage

Instructions

The best before date in this pack is a guide only.

For your own individual freezer please allow the storage times below:

Storage - Keep frozen.

For star marked freezers:

* : up to 1 week

** : up to 1 month

*** : -18°C or colder: up to 3 months

**** : -18°C or colder: until best before date

Do not refreeze after defrosting.

Once defrosted keep in a refrigerator for up to 1 day.

Packaging

GTIN: 5060392095850

Inner GTIN: 5060392095843

Weight/Volume: Preprinted bag

Packaging Type: Polythene Bag

Country of Origin

Belgium (Produced in Belgium Origin Sweet potatoes EU and not EU)

All Allergen and Nutrition information drawn from www.erudus.com on 04/05/2025