

95938 | Frys Vegetarian | 40-80g

## Frys Vegetarian Chicken Style Burgers

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### Description

Brand Name	Frys Vegetarian
Country of Origin	South Africa

### Ingredients

Ingredients	Vegetable protein(Soya) Wheat Flour, Flavourings, Vegetable oil, Fibre, Cellulose Extract, Sea salt, Garlic
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	40
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	710 kJ
Energy (Kilocalories)	169.76 kcal
Fat, Total	7.8 g
Saturated	4.02 g
Carbohydrate	14 g
Sugars	0.1 g
Dietary Fibre, Total	4 g
Protein, Total	11.7 g
Salt	2.75 g
Sodium	1100 mg

### Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	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	Contains
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	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	Yes
Kosher Certified	Yes
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	Ethical Trading Initiative (ETI)
Can any other sustainability claims be made for this product?	Vegan Society, Vegetarian Society, Ethical Consumer "best buy" recommendation
Does any other assurance scheme apply to this product?	Other

## Preparation Suggestions

Is the product ready to eat?	NA
Oven	Cook from frozen - oven bake for 15 - 16 minutes at 200°C, Gas Mark 6, turning once. DO NOT MICROWAVE!
Oven From Frozen	NA
Microwave Instructions	NA
Fry	NAPan fry from frozen in a little oil for 6 - 8 minutes turning frequently. DO NOT MICROWAVE!NA
Grill	Cook from frozen under a hot grill for 15 - 16 minutes. DO NOT MICROWAVE!
Other	NAPan fry from frozen in a little oil for 6 - 8 minutes turning frequently. DO NOT MICROWAVE!NA

## Packaging

Do you have any packaging environmental claims?

Recyclable