



Product Specifications

Beef Croquettes

Description: A great tasting crumbed beef and vegetable croquette. An excellent choice for meat lovers looking for a snack or a light meal.

Packaging: Net weight per carton: 2kg
Units per carton: 40

Item Code: GD110

Barcode: 9333296009381

Storage Instructions: Keep frozen. Store at or below minus 18C.

Cooking Instructions: **Deep fry:** From frozen at 180C for approx 5-6 minutes.

Conventional Oven: Preheat oven to 210C and bake from frozen for approx 15-20 minutes.

Ingredients: Beef 16%, Reconstituted potato {inc water, emulsifiers (471, 450), acidity regulator (514), citric acid (330)}, Crumbs {wheat flour, salt}, Textured Vegetable Protein, Carrots, Peas, Onion, Rice Flour, vegetable oil (antioxidant 319 & antifoam 900a), Wheat Gluten, salt, soy sauce powder {soy beans, salt, tapioca, alcohol}, natural colour (150a), onion powder, hydrolysed maize protein, canola oil, flavour enhancer (621), beef flavour, acidity regulator (330), thickener (1414), wheat plant fibre, sugar, pepper, garlic powder

Nutrition Information: The following nutritional information applies to product prior to further cooking.

Nutrition Information		
Average Serving Size: 50g Servings per package: 40	Average per serve	Average per 100g
Energy (kJ)	462	925
Protein (g)	3.9	7.7
Fat total (g)	5.1	10.2
Saturated Fat (g)	1.3	2.6
Carbohydrate (g)	12.2	24.4
Sugar (g)	2.4	4.7
Sodium (mg)	188	376

Allergens: Wheat, soy & gluten

Country of Origin: Made in Australia, using local and imported ingredients

Shelf Life: 12 Months

Review Date: 1 April 2015