Sweet potato gnocchi

INFO
Made from mashed sweet potatoes and carrots and fine spices.

INGREDIENTS
Mashed sweet potatoes 49 %, mashed carrots 20 %, potato flakes, modified starch, potato starch, sunflower oil, thickening agents (methylcellulose, guar seed flour, xanthan), table salt, CHICKEN EGG WHITE POWDER, stabilizer mono and diglycerides of fatty acids, spices.

Contents

- No hardened fats
- No preservatives
- No artificial colouring
- No natural colouring
- lactose-free
- gluten-free
- Vegetarian

Find recipes for this product

under www.schne-frost.com

WEIGHT PER UNIT 8 G

Packaging

ART.-NO.	5125
PER CARTON	2 x 2.5 kg bag
CARTONS PER PAL./LAYER	117/9
EAN INDIV. PACKAGE	4006934 512509
EAN OUTER PACKAGE	4006934 512516
MDD	18 months

Nutrition

ENERGY	629 kJ / 149 kcal	CARBOHYDRATE	29 g
FAT	1,7 g	OF WHICH SUGARS	6,4 g
OF WHICH SATURATES	0,3 g	PROTEIN	2,2 g
		SALT	1,6 g

Preparation

FRYING PAN
Fry the frozen product with some oil at medium heat for about 8 minutes. Turn over several times.

COOKING POT
Place the frozen product in five times the amount of boiling water. Briefly bring to the boil again. Then let it simmer over a low heat until the gnocchi are floating on the top.

STEAMER OVEN
(recommended preparation) Place one bag of the frozen product on a GN plate and cook at 120 ° C and 100% steam for approx. 8 - 10 minutes.