


## Fritter - Corn & Zucchini Gluten Free

### Nutrition Information

	Avg Quantity Per Serving (60 g)	Avg Quantity Per 100g
<b>Energy</b>	523 kJ (125 Cal)	872 kJ (208 Cal)
<b>Protein</b>	3.3 g	5.4 g
<b>Fat, Total</b>	7.0 g	11.7 g
<b>- Saturated</b>	1.4 g	2.3 g
<b>Carbohydrates</b>	11.9 g	19.8 g
<b>- Sugars</b>	1.2 g	2.0 g
<b>Sodium</b>	278 mg	463 mg



<b>Code Number</b>	FR001		
<b>Product Description</b>	aFritter (024)		
<b>GMO Status</b>	To the best of our knowledge, the ingredients used by Helen's European Cuisine have not been obtained or directly manufactured with the aid of genetic modification techniques, as defined in Standard A18 of the FSANZ Food Standards Code.		
<b>Regulatory Criteria: Microbiological and Chemical Testing</b>	Regulatory requirements, microbiological and when applicable chemical testing, are in accordance with Standard 1.6.1 of the FSANZ Food Standards Code.		
<b>Ingredients</b>	Zucchini (38%), <b>Egg</b> , Corn Kernels (13%), Gluten-free Flour (Maize Starch, Modified Starch (1422), Rice Flour, Raising Agents (450, 500), <b>Soy</b> Flour.), Canola Oil (Refined, Bleached And Deodorised Canola Oil), Cheese ( <b>Milk</b> ) (Contains Anticaking Agent (460)), Onions, Modified Starch (1422), Capsicum, Stabiliser (1412), Baking Powder Gluten Free (Contains Raising Agents (450, 500), Free Flow Agent (170)), Salt, Vegetable Stock (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Cabbage, Onion, Garlic, Celery, Spinach), Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Sunflower Oil, Chilli), Spices.		
<b>Finished Product</b>		<b>Packaging</b>	
Filling:	As Above	Plastic Wrap:	No
Topping / Decoration:		Greaseproof Paper:	Yes
No. of serves per unit:	1	Cardboard Box:	From approved supplier
Approx. Finished Weight:	60 g	No. Per Box:	24
Tolerance:	+ / - 10%	Plastic Container:	No
Minimum Order:	24	Plastic Lid:	No
		Alfoil:	No
		Per Outer:	10
<b>Labelling</b>	Yes on packaging		
Ingredients Batch Code / Use By	Yes on packaging		
Other	Yes on packaging		
<b>Shelf Life</b>	Defrosted Product: 5 days from day of defrost when stored at 0°C to 4°C. Frozen Product: 10 months from day of manufacture when stored at -18°C.		
<b>Storage Conditions</b>	Chilled: store at 0° to 4°, Frozen: store at -18°		
<b>Transport Conditions</b>	Chilled: 0° to 4°, Frozen: -18°		
<b>Customer Preparation</b>	Heat to core temp of 65°C before serving.		
<b>Food Safety - HACCP</b>	Helen's European Cuisine is committed to the production of high quality, safe food products. All of our products are manufactured under the globally recognised SQF Food Safety and Quality Management System (SGS Cert. No. 110819) which exceeds the requirements of HACCP Certification.		
<b>Allergen Statement</b>	Contains Egg, Milk, Soy. This product is made on a production line that produces products containing peanuts, wheat, soy, milk, egg, honey, sesame seeds, sulphites, gluten, lupins, and tree nuts.		
<b>Origin Statement</b>	 Made in Australia from at least 77% Australian ingredients		

Specification No: FPS-FR001

Authorised by: J. Zeniou - Managing Director

Product Specifications available on our website are current but may be changed without notice. Therefore, downloaded copies (either electronic or printed) are uncontrolled and may not be current after the date of download.