

OUMPH!

Oumph! Bites

Nutritional values /100g of the product

Energy [kJ]	895	
Energy [kcal]	214	
Fat [g]	10	10%
Saturated fatty acids [g]	1,3	1,3%
Carbohydrate [g]	16	16%
Sugar [g]	0,5	0,5%
Fiber [g]	7,6	7,6%
Protein [g]	10	10%
Salt [g]	1,1	1,1%

Common details

Storage conditions / temperatur	Frozen -18 °C (IQF)
Common details	Vegan, coated, prefried
Physical parameters	Bites with crunchy crumb (18-22 g)
Degree of convenience	Ready to cook, heat up totally before eating

Sensory description

Appearance	Golden, covered with crumbs
Flavour	Typical, without offtaste
Consistency	Firm, crunchy, juicy

Recommended preparations

Pan: Heat up vegetable oil in a pan, add the bites and heat for appr 2-3 minutes on each side on medium heat.

Oven: Pre heat the oven to 180-200 °C / 360 -390 F and then heat the bites for appr 8 minutes.

Ingredients

Drinking water, **Soy protein concentrate** 14%, crumb (cornflakes (corn, sugar, salt) rice flour, potato starch, potato fibers), sunflower oil, **Oat fibers** (gluten free), stabilizer, Methylcellulose, salt, natural flavour, dextrose