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# BELGIAN FRIES

prefried and frozen

These are the genuine traditionally made French fries. Their irregular cut, taste and colour make them real "home-made" fries.



### Average nutritional values per 100 g of frozen product

136 kcal / 573 kJ

Protein 3 g  
Carbohydrate 22 g  
Total fat 4 g

Languages



code EAN13 (bag)

code EAN14 (box)



FR/NL

1 kg

10 x 1 kg

54 10376 32248 7

1 54 10376 32248 4

7 x 9

2 kg

5 x 2 kg

54 10376 42245 3

1 54 10376 42245 0

8 x 9

**Ingredients:** potatoes, vegetable oil, dextrose.



**Preparation** (cook from frozen):

**IN THE FRYER:** half-fill the basket with French fries and fry them during 3 to 4 minutes in pre-heated oil at 175°C/350°F. Drain and serve. **IN THE OVEN (\*)**: pre-heat the oven to 200°C/390°F. Spread a single layer of French fries on a baking tray. Cook for 20 to 25 minutes until the French fries are golden brown. Turn them halfway the cooking time. **Under the grill (\*)**: the same, but 17 to 22 min is enough.

(\*) Cooking time can vary slightly according to the type of your oven.

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Lutosa, Potatoes chosen with Vision,  
prepared with Pride