



"We all throw stones,
throw the smallest one
possible." - Wally Fry

MEAT FREE 8 ORIGINAL HOT DOGS

Our hot dogs are made from proteins which come from grains and legumes and are infused with a smoky hickory flavour.

VEGAN
A NON GM PRODUCT
HIGH IN PROTEIN
NO ADDED PRESERVATIVES
ONION AND GARLIC FREE
COCONUT OIL

360 g (NET WT) KEEP FROZEN

MEAT FREE 8 ORIGINAL HOT DOGS

8 ORIGINAL HOT DOGS

COOKS IN 8 MINS



SERVING SUGGESTION
SERVIERVORSCHLAG
Vegane Würstchen aus Soja/Weizen

ORIGINAL HOT DOGS

KEEP FROZEN, STORE IN FREEZER OR
CHILLED COMPARTMENT AS SHOWN:
-18°C *** until best before date
-5°C * refrigerator
one day
one week
DO NOT REFREEZE AFTER THAWING.
NACH DEM AUFTAUEN NICHT WIEDER EINFRIEREN.
Bei -18°C (***)-Fach oder Tiefkühltruhe),
mindestenshaltbar bis: Siehe Aufdruck.

FRY'S FAMILY SINCE 1991 VEGAN



It all began in the Fry's Family kitchen in 1991, where committed vegetarians Debbie and Wally Fry began making protein alternatives for their own consumption. A year later, these ideas turned into food manufacturing innovation and with it, Fry Group Foods was established. "Our company is still owned and passionately run by our family. We live and breathe the work we do, committed to the true ethics of vegetarianism. All our food is made using the finest quality ingredients in a dedicated meat free factory and carry endorsements from the highest authorities of vegetarianism in the world."



FRY'S GOES GREEN LOWER CARBON FOOTPRINT MEAT, EGG AND DAIRY FREE DEDICATED VEGAN FACTORY A NON GM PRODUCT COCONUT OIL

COOKING INSTRUCTIONS / ZUBEREITUNG
COOK FROM FROZEN. REMOVE FROM PACKAGING. FOR BEST RESULTS COOK IN FRYING PAN [8 - 10 minutes]
Fry in a little oil on medium heat for 8 - 10 minutes, turning frequently.
BOIL OR STEAM [5 - 6 minutes]
Place hot dogs in pot with half a cup of water. Boil for 5 - 6 minutes, turning once.
COOK IN MICROWAVE [1 minute on 100 % 800 watt]
Place in center of microwave on a microwaveable plate. Heat for 45 - 90 seconds on 100 %. Do not turn. Allow to stand for 1 minute before serving.
(D) Würstchen der Verpackung entnehmen und in gefrorenem Zustand in der Pfanne bei mittlerer Hitze mit wenig Öl 8 - 10 Minuten anbraten, dabei mehrmals wenden.
Im Kochtopf: Würstchen mit etwas wasser (ca. 125 ml) 5 - 6 minuten kochen und dabei einmal wenden.
In der Mikrowelle: Auf Mikrowellen geeigneter Platte ca.1 minute bei 800 watt erhitzen.
INGREDIENTS / ZUTATEN (ALLERGENS IN BOLD)
(E) Vegetable proteins [23 %] **[Soya - Wheat (Gluten)]** - Vegetable oil (Coconut kernel) - **Wheat flour (Gluten)** - Potato starch - Modified starch - Flavours - Sea salt - **Mustard - Celery** - Hickory smoke flavour [0,4%] - Colour: Red iron oxide.
(F) Protéines végétales [23 %] **[Soja - Blé]** : Huile végétale (Huile de coprah) - Amidon - Amidon modifié - Saveurs - Sel marin - **Moutarde - Céleri** - Caryl saveur [0,4%] - Couleur: L'oxyde de fer rouge [Non modifiées génétiquement].
(D) Pflanzliches Eiweiß [23%] **[Soja, Weizen (Gluten)]**, Pflanzenöl (Kokoskern), Weizenmehl (Gluten), Kartoffelstärke, modifizierte Stärke, natürliche Aromen, Meersalz, **Senf, Selerie**, Hickory Aroma[0,4%], natürlicher Farbstoff (Eisenoxidrot) [ohne Gentechnik].

NUTRITIONAL INFORMATION			
Servings per package: 8			
Serving size: 45 g (1 Hot dog)			
Average values	Per 100 g	Per single serving	
Valeurs nutritives - Nährwerte			
Energy - Valeur Énergétique - Brennwerte	1002 kJ (241 kcal)	451 kJ (108 kcal)	
Fat, total - Lipides - Fett	17,2 g	7,7 g	
- Saturated - Saturés - Gesättigt	15,8 g	7,2 g	
- Monounsaturated - Mono insat - Einfach ungesättigt	1 g	0,5 g	
- Polyunsaturated - Poly insat - Mehrfach ungesättigt	0,3 g	0,2 g	
Glycaemic carbohydrate - Glucides - Kohlenhydrate of which total sugar	4,6 g	2,1 g	
- Sucres - Zucker	0,5 g	0,2 g	
Dietary fibre# - Fibres alimentaires - Ballaststoffe	2,1 g	1 g	
Protein - Protéines - Proteine	16,9 g	7,6 g	
Sodium - Sodium - Natrium	772 mg (0,77 g)	347,4 mg (0,35 g)	
Salt - Sel- Salz	2 g	0,9 g	

#Method of analysis AOAC method 991.43. Nutritional information obtained by analysis.
Country of origin: Made in South Africa from local and imported ingredients. Manufactured by: Fry Group Foods, 8 Ficus Place, Mahogany Ridge, Westmead, 3608, KwaZulu Natal, **South Africa**. info@frygroup.co.za.
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