



PO Box 15770, Westmead 3608,
8 Ficus Place, Mahogany Ridge, KZN
www.fryfamilyfood.com

PRODUCT SPECIFICATION

PRODUCT INFORMATION

Product Description:	PLANT BASED NUGGETS
Product Category:	Frozen
Manufacturer:	Fry Group Foods (Pty) Ltd. 8 Ficus Place Mahogany Ridge Westmead 3610 South Africa
Packer:	Fry Group Foods (Pty) Ltd. 8 Ficus Place Mahogany Ridge Westmead 3610 South Africa
Weight per pack:	320g
Units per pack:	N/A
Packs per case:	12
Coding life:	18 months from date of manufacture
Product Code:	F3892
Retail Barcode:	6009712300389
Print Pack Dimensions (Lx Wx H):	115x45x177mm
Shipper Barcode:	66009712300381
Shipper Dimensions (external) Lx Wx H:	352x 187x 191mm



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CONTACT DETAILS

Contact Name	Merisha Harry
Position	Senior Product Developer
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DECLARATIONS

Ingredients:	water, WHEAT flour, sunflower oil, vegetable protein blend 10% (SOY protein isolate, WHEAT GLUTEN , starch (maize, WHEAT), pea protein), starch (potato, tapioca), crumb (WHEAT flour, salt, sunflower oil, raising agent (ammonium carbonates)), bamboo fiber, flavouring (yeast extract, maize starch, salt), thickener (methyl cellulose), dextrose, salt, yeast, flour treatment agent (ascorbic acid), modified WHEAT starch, palm fat*, raising agent (diphosphates, sodium carbonate). *Sustainably source. For allergens see ingredients in BOLD CAPITAL LETTERS . Contains: WHEAT, SOY, GLUTEN
Allergens:	Wheat, Soya, Gluten from Wheat
Claims:	Good Source of Fibre Source of Protein
Endorsements:	TBC

SHELF LIFE AND STORAGE DETAILS

Shelf-life:	18 Months from Date of Manufacture
Date Coding:	MNF: Date of Manufacture BBD: Best Before Date
Storage and Distribution Requirements:	Keep Frozen. Store at or below minus 18°C until best before date. DO NOT REFREEZE AFTER DEFROSTING. Best Before See Back of Pack.



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PACKAGING & LABELLING DETAILS

Primary Packaging Material:	Metsa Board
Secondary Packaging Material:	Cardboard corrugated Shipper

COOKING INSTRUCTIONS

Cook from Frozen – Remove from Packaging	
Cook in Oven	Preheat oven to 180 C/360 F/Gas mark 6. Place on an oven tray. Place in the oven and bake for 10 – 12 minute, turning once. Do not overcook as this will spoil the texture
Cook in Frying Pan	Fry in a little oil on medium heat for 8 - 10 minutes, turning once.
Cook in Air fryer	Pre-heat air fryer at 180°C and cook for 8-9 minutes, turning once.
Ovens vary, these instructions are guides only	

USES & ABUSES

Intended Use	Product can be consumed as part of a full meal or on its own
Potential Abuses of Product once out of Fry's Control	Temperature abuse,
Potential Hazards Related to abuse	Mould, sourness,

INTOLERANCE DATA

Is the product free from:	Yes/No	If No, state source
Nuts and nut derivatives	Yes	
Nut Derived Oils	Yes	
Nut Cross Contamination	Yes	
Seeds and seed derivatives	Yes	
Seed Derived Oils	No	Vegetable Oil

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Seed Cross Contamination	Yes	
Sesame Seeds	Yes	
Additives	No	Flavour, predust, batter
Preservatives	Yes	
Antioxidants	Yes	
Natural Colours	Yes	
Artificial Colours	Yes	
Natural Flavours	No	
Artificial Flavours	Yes	
Sweeteners	Yes	
Aspartame	Yes	
Flavour Enhancers	Yes	
Monosodium Glutamate	Yes	
Naturally Occurring MSG	Yes	
Wheat	No	Crumb, Vegetable Protein
Gluten	No	Crumb
Rye	Yes	
Oats	Yes	
Maize and maize derivatives	No	Maize starch
Milk and milk derivatives	Yes	
Lactose	Yes	
Egg and Egg products	Yes	
Soya and soya derivatives	No	Vegetable Protein
Fruit and fruit derivatives	Yes	
Vegetables and vegetable derivatives	no	Potato starch
Yeast and yeast derivatives	No	Crumb
Sulphur dioxide and sulphites	Yes	



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Benzoates	Yes	
BHA / BHT	Yes	
Hydrolysed vegetable protein	Yes	
Added salt	No	Salt
Added sugar	no	dextrose
Irradiated foodstuffs	Yes	
Fish	Yes	
Shellfish	Yes	
Celery	Yes	
Mustard	Yes	

GM STATUS

Question	Yes/No
Does the product or any of its ingredients contain any genetically modified material (active or not)	No
Is the product or any of its ingredients not substantially equivalent as a consequence of the use of genetic modifications?	No
Is the product or any of its ingredients or additives produced from, but not containing, any genetically modified materials?	No
Have genetically modified organisms been used as processing aids or used in connection with the production of the food or any of its ingredients?	No
Have genetically modified organisms been used to product processing aids or additives but where such genetically modified organisms are not present in the processing aid as used in connection with the production of the food or any of its ingredients?	No



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IS THE PRODUCT SUITABLE FOR:

Criteria	Yes/No	Criteria	Yes/No
Vegetarians	Yes	Halal	TBC
Lacto-Vegetarians	Yes	Kosher	TBC
Vegans	Yes	Coeliacs	No

SENSORY AND PHYSICAL PROPERTIES:

Attribute	Description
Colour	Golden crumb with white inside
Flavour	Savoury chicken flavour
Texture	Crispy outside and tender inside
Aroma	Fresh Breaded crumbs, Savoury Odour

NUTRITIONAL INFORMATION

Servings per package: 4

Serving size: Approx. 80g

Average Values	Quantity per 100g	Quantity per serve
Energy	1073kJ (257kcal)	858kJ (206kcal)
Fat, total – Saturated	14g 2g	11g 1.6g
Carbohydrate - Total Sugars	19g 2.5g	16g 2g
Dietary fibre, total #	8.4g	6.7g
Protein	9.1g	7.2g
Salt	1.2g	1.0g
Sodium	480mg	384mg

Method of Analysis AOAC method 991.43. Nutritional information obtained by analysis.



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FINISHED PRODUCT SPECS

Weight:	20-22g
Crumb (If Applicable):	99% covered

MICROBIOLOGICAL SPECS

TEST	LIMIT / g
Total Plate Count	<800000 cfu/g
E.coli	<10 per 25g
Staphylococcus aureus	<10 per 25g
Coliforms	<1000 cfu/g
Yeasts	<2000 cfu/g
Moulds	<300 cfu/g
Listeria monocytogenes	<10 per 25g
Salmonella	<10 per 25g
Product will be rejected if not conforming to above Microbiological Specification	

FOR FRY GROUP FOODS (PTY) LTD

Signature	M. Harry
Print Name	Merisha Harry
Revision No.	01
Date	03.10.2023