

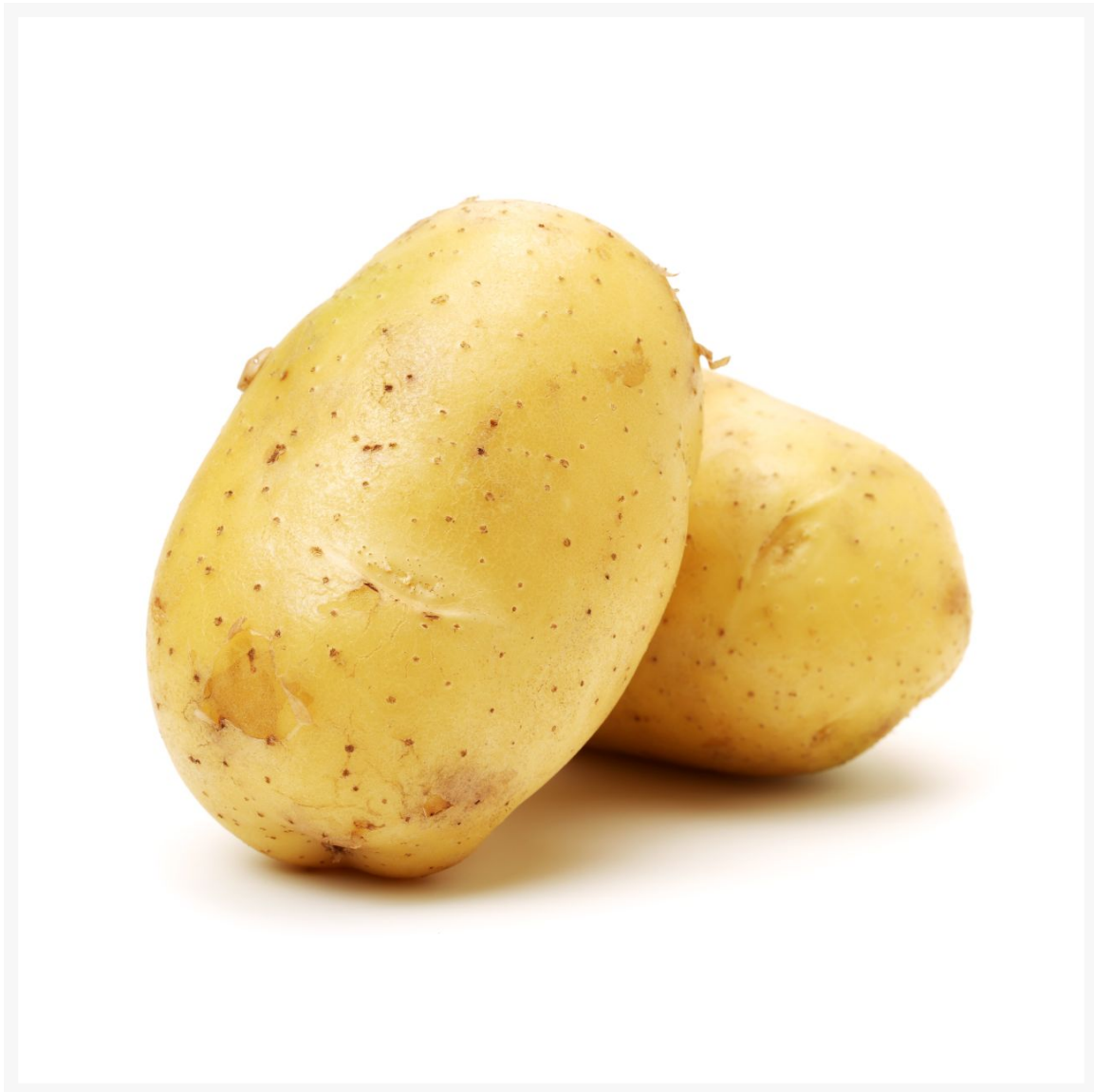


Washed White Potato - 10x2kg

Product Disclaimer:

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Product Images



Additional Information

Product Code	600091
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Allergens

Celery/Celeriac	No
Contains Cereals Containing Gluten	No
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame Seeds	No
Soybeans	No
Sulphur Dioxide and Sulphites	No

Ingredients, Storage & Usage

Directions For Use	Peel potatoes and cut into evenly size pieces if required. To boil; empty potatoes into a saucepan and cover with cold water. Bring to the boil, cover with a lid and simmer for 1520 minutes or until potatoes are tender. Drain well before serving. To steam; empty potatoes into a steamer, cover with a lid and steam for 1520 minutes or until potatoes are tender. To roast; preheat oven to 190°C/ Fan 170°C/ Gas Mark 5. Parboil potatoes for approx. 10 minutes. Drain potatoes and coat in oil or fat. Use 2 tbsp of fat or oil per 500g of potatoes. Roast potatoes in the centre of the oven for 3035 minutes or until tender, turning halfway through cooking time. To mash; empty potatoes into a saucepan and cover with cold water, bring to the boil. Cover with a lid and simmer for 2025 minutes or until potatoes are tender. Drain well and return to the saucepan. Mash potatoes until smooth. To microwave; place 500g of potatoes in a microwavable container, add 3 tbsp of water and cover. Microwave on full power for 1012 minutes, stirring halfway through cooking time. Instructions are based on an 800w microwave oven. For lower wattage ovens, cooking time should be increased. Allow to stand for 2 minutes and drain well before serving. All appliances vary, these are guidelines only, remove all packaging and wash potatoes before use.
Ingredients	Potatoes
Storage Instructions	Store in a cool, dry place away from direct light
Storage Type	Ambient

Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes
Suitable for Coeliacs	Yes
Suitable for Nut Allergy Sufferer	Yes
Suitable for Sufferers of Lactose Intolerance	Yes

Nutritional Information

Carbohydrate of which Sugars per 100g (g)	1.1
Carbohydrate Per 100g (g)	14.9
Energy per 100g (kcal)	68
Energy per 100g (kJ)	290
Fat of which Saturates per 100g (g)	0.04
Fat per 100g (g)	0.1
Protein per 100g (g)	1.8
Salt per 100g (g)	0.01