



**Damhert**  
NUTRITION

## Damhert Vegan Fish Sticks

Art.nr:	56054
Product description:	Damhert Vegan Fish Sticks
EAN-code product:	5412158056054
EAN-code carton	5412158056238 (x 6)
Custom-code:	21069092
Ingredients:	Rehydrated wheat and pea protein (43%), rice flour, breadcrumbs (wheat flour, salt, yeast, spices), water, wheat fibre, wheat starch, sunflower oil, thickener (carrageenan, methyl cellulose), natural flavouring, wheat flour, yeast extract, salt, vinegar, acidity regulator (citric acid), iron, zinc, vitamin B12.
Allergens:	Contains gluten, wheat. May contain traces of soybeans, mustard. Does not contain sesame seeds, oats, fish, lupine, nuts, crustaceans, milk, lactose, peanuts, molluscs, sulphur dioxide and sulphites, celery, eggs.
Weight:	150
Storage:	Store in a cool place at 0°C - 7°C. After opening keep for 24 hours in the refrigerator. Defrosted product. Do not refreeze.
Usage:	IN THE PAN: 3-5 min over medium-high heat. Turn occasionally. IN THE OVEN: 10 minutes at 220°C. Turn once. IN THE AIRFRYER: 6-8 minutes at 180°C. IN THE DEEP FRYER: 2-3 minutes at 180°C.
Dimensions:	13,5 cm W x 3,0 cm H x 18,0 cm D



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	portie/portion	
	100 g	30 g
Energy kJ	523	157
Energy kcal	125	38
Fats	2,8 g	0,8 g
saturated fats	0,3 g	0,1 g
Carbohydrates	17 g	5,0 g
sugars	0,6 g	0,2 g
Food fibres	5,9 g	1,8 g
Protein	5,2 g	1,6 g
Salt	1,1 g	0,33 g

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