



Sweet potato, 400g  
cut into chunks



<b>article number</b> 230106	<b>barcode (item)</b>  4 026813 000378	<b>barcode (packaging)</b>  4 026813 001467	<b>eco-ID</b> 134362	
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## Brand

bio inside



## Quality

EU organic logo, EU agriculture / Non EU agriculture

## Marketing text

bio inside offers a wide range of products comprising fresh basic, tasty and varied vegetables and fruit that you can use to make creatively delicious meals for an active way of life.

## Usage instructions

In the pot: cook the deep frozen sweet potato chunks in a pot with boiling light salted water for about 6 minutes. In the pan: heat some vegetable oil in a pan. Add the frozen sweet potatoes.

Fry the sweet potato chunks for about 7-8 minutes. Stirring occasionally. Season to taste.

Suggestion: The sweet potato chunks are ideal to prepare fried chips, but also roasted oven vegetables, casseroles, stews etc.

## Consumer storage instructions supplement

Store at -18°C. Once defrosted do not refreeze.

## Manufacturing

Coming directly from the field, bio inside products are immediately deep-frozen to preserve all their important vitamins and flavours.

## Origin

Netherlands (NL)

## Origin of the raw materials

Various countries, Spain

## Country of packing

Netherlands

## Ingredients

Sweet potatoes\*

\*= ingredients from organic farming

## other allergy and dietary notes

vegan ✓ vegetarian ✓





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### category-specific information

Legal product category..... food  
Sweetener..... not sweetened  
Preservation..... frozen  
Preparation type..... Frying pan

### Quality

Organic product..... yes  
Official organic labels..... EU organic logo  
Organic certification body..... NL-BIO-01

### Further legal information

Additives, declaration obligatory..... Contains no declaration obligatory additives

### Compulsory label information

Compulsory additive label information..... Legal demands: The product meets the requirements of EC Directives and the following. Fully accepted organic product according to applicable EU Organic Regulation. GMO: The products do not contain genetically modified raw materials or genetically modified organisms since it is processed according to applicable EU Organic Regulation. Unintentional genetic modifications that enter the food in traces during cultivation, production, placing on the market or handling are not taken into account. Therefore it is not mandatory to label the products according to the Council Regulation (EC) No 1829/2003 and (EC) No 1830/2003.

### Legal information

Address of distributor..... Demeter-Felderzeugnisse GmbH, Neue Bergstraße 13, D-64665 Alsbach

### nutritional values & analytical results per 100 g

Energy in kJ / 100 g or 100 ml..... 484 kJ / 114 kcal  
Fat..... 0,6 g  
of which saturates..... 0,0 g  
Carbohydrates..... 24,1 g  
of which sugars..... 4,6 g  
Fibre..... 3,1 g  
Protein..... 1,6 g  
Determining the nutritional values by..... calculation  
Salt..... 0,05 g

### information on consumer unit

Sales designation of piece..... bag  
Packaging material..... LDPE



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**aroma, consistency**

Taste..... typical  
 Odour..... fresh  
 Consistency..... typical