

## Mydibel Croquette Potatoes - Information

Seasoned mashed potato - frozen. The product is prepared from fresh potatoes (*Solanum Tuberosum L*) peculiar to human consumption, from selected yellow potato varieties. Subtly seasoned mash, transformed in a cylinder, crumbed with breadcrumbs. Quick frozen at -18°C.

**Our Product Code:** 030488  
**Suppliers Product Code:**  
**Information Last Updated:** 23/07/2025  
**Date Produced:** 05/04/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	114.00
Energy (kJ)	481.00
Protein (g)	2.60
Carb (g)	24.00
Of Which Sugars (g)	0.70
Fat (g)	0.50
Of Which Saturates (g)	0.20
Fibre (g)	2.20
Salt (g)	0.95

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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### Ingredients

Potato (90%) (potato, dehydrated potato), Breadcrumbs (Yeast, wheat flour, salt), Salt, WHEAT Flour, WHEAT Starch, Emulsifier: Hydroxypropyl methylcellulose (E464), white pepper, turmeric.

### Handling Information

#### Directions for Use

Deep frying: Fry the products in a small quantity for 3-4 minutes in oil that been pre-heated to 175°C. Do not shake the croquettes during baking. Cooking instructions are a guideline only. Ensure product is thoroughly cooked before serving.

#### Storage Instructions

Keep frozen. Store at -18°C or colder. Do not refreeze once defrosted.

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