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Ardo Sweet Potato Chunks - Information

The frozen sweet potato rust cut is prepared from sweet potato tubers (Convolvulus batatas.) Fresh, sound, clean, cultivated according to good agricultural practices. During the manufacturing process, the fruits are washed, peeled, selected, cut in pieces of 18x22,22x22,22 mm approximately, blanched , chilled, frozen and packaged.

TFS Product Code: 032821
Suppliers Product Code: 10001251 / 3AZ2610
Information Last Updated: 10/07/2025
Date Produced: 04/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	72.00
Energy (kJ)	306.00
Protein (g)	1.40
Carb (g)	15.20
Of Which Sugars (g)	5.70
Fat (g)	0.10
Of Which Saturates (g)	0.00
Fibre (g)	2.50
Salt (g)	0.07

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. 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.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Sweet potato 100%

Handling Information

Directions for Use

Cook from frozen. Heat 1 - 2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat stirring well. Preheat the oven to 180°C. Heat the frozen product in the oven at 180°C, adding a little vegetable oil.

Storage Instructions

Store at -18°C.

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