



Art of Greens UG  
4. Etage, Gontardstrasse 11  
D-10178 Berlin-Mitte

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Authorized By :

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### Certificate of Analysis

<b>PRODUCT DESCRIPTION:</b>	<b>FRY'S MINCE WITH VEGAN GRAVY (UK)</b>
Product Category:	Frozen
Manufacturer:	Fry Group Foods (Pty) Ltd
Packer:	Fry Group Foods (Pty) Ltd
Weight per pack:	380g
Units per pack:	-
Packs per case:	10
Coding life:	18 months from date of manufacture
Product Code:	F2155 UK
Barcode:	6005207000215
Outer Barcode and Dimensions:	16005207000212, 342x180x190 (3,8 kg)
Cases per pallet:	160
Distribution/Storage Requirements:	Keep Frozen. Store at or below minus 18`C until best before date. If desired, thaw product in refrigerator at or below 5`C. Use thawed product within 1 day. DO NOT REFREEZE AFTER THAWING.
Ingredient Declaration:	Vegetable protein (Contains: <b>Soya • Wheat</b> ) • Flavourings • Potato Starch • Modified Starch • Vegetable oil (Sunflower seed)• Spices (Contain <b>Sulphites</b> ) • <b>Wheat</b> flour • <b>Wheat</b> Fibre • Thickener (Cellulose extract) • Sea salt • Onion • <b>Mustard</b> • Colour: Caramel IV  Gravy Sachet: Modified Starch • Sugar • Salt • Cereal • Hydrolysed Vegetable Protein • Flavourings • Colour: Caramel IV
Claims:	Vegan A Non GM Product High in Protein High in Fibre
Endorsements:	Halaal - SANHA Kosher Parev Mahadrin Vegan Society of UK Vegetarian Society of UK Shuddha
Allergens	Wheat, Gluten from Wheat, Soya, Mustard, Sulphites
Appearance (Colour)	Dark brown strips (Mince), Dark brown (Gravy)
Organoleptic (Odour)	Meaty odour
Organoleptic (Flavour)	Meaty Flavour
Chemical Specifications	pH Testing, Pesticide Residue Testing

Phone +27 31 700 3023 | Fax +27 31 700 2335 | Email enquiries@frygroup.co.za

Directors W.A. Fry, D.B. Fry, T. Fry Kelly, H. Richardson, R.C. Kelly, S.L. Richardson, T. Hedges  
Reg No. 1999/007820/07

**FRY GROUP FOODS (PTY) LTD**



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<b>Cooking Instructions – Cook from Frozen – Remove from Packaging</b>	
Cook in Frying Pan	Fry the Mince in a little oil on Medium heat for 8-10 min, stir constantly. Dilute gravy powder in 25ml cold water. Add 175ml water to Mince, then add the diluted gravy powder to the warm Mince mix – stir over heat until thickened. <b>Tip:</b> Before adding Mince fry up some chopped onion and tomato for extra flavour.
<b>Ovens vary, these instructions are guides only</b>	

Intended Use	Product can be consumed as part of a full meal or on its own
Potential Abuses of Product once out of Fry's Control	Temperature abuse,
Potential Hazards Related to abuse	Mould, sourness,

### **NUTRITIONAL INFORMATION**

Servings per package: 4

Serving size: 95g

Average Values	Sachet per serving	Quantity per servings	Quantity per 100g
Energy	65.45kJ (15.6 kcal)	656kJ ( 156kcal)	690kJ ( 164kcal)
Protein	0.14g	16.15g	17.0g
Carbohydrate of which total sugar	0g 0g	25.65g 0.28g	27g 0.3g
Fat, total	0g	4.27g	4.5g
– Saturated	0g	0.56g	0.59g
– Monounsaturated	0g	1.05g	1.10g
– Polyunsaturated	0g	2.66g	2.81g
Dietary fibre <sup>#</sup>	0.05g	11.78g	12.4g
Sodium	283mg (0.28g)	285mg (0.29g)	300mg (0.30g)
Salt	0.71g	0.72g	0.76g

<sup>#</sup> Method of Analysis AOC method 991.43.  
Nutritional information obtained by analysis.

### **FINISHED PRODUCT SPECS**

Dimensions:	5 - 6cm (length)
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**MICROBIOLOGICAL ATTRIBUTES**

Standard Plate Count: 4067 PC AGAR @ 30C for 72hrs  
 Lactobacillus: NA  
 Yeasts: 50 Chloramphenicol agar @25C for 5 days  
 Moulds: 141 cfu/g Chloramphenicol agar @25C for 5 days  
 Coliforms: 299cfu/g VRB mug agar @37C for 24 hr  
 E.Coli: not detected in 25g VRB mug agar @37C for 24 hr  
 Salmonella: not detected in 25g - salmonella chromogenic agar@ 37°C for 24hr

Does the packaging comply to the relevant Regulation and Legislation? (Y/N) .....

If NO, Please give reasons: .....

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POSITION	Quality	Packaging	Planning/ Procurement	Marketing	Regulative/ Legislative
SIGNATURE					

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