



20th ANNIVERSARY  
1992 - 2012

# Parisian Carrots

White Toque

▶ 40305



## Product Description

### COUNTRY OF ORIGIN: BELGIUM

White Toque's line of gourmet vegetables is selected from the highest grade of specialty vegetables. Those vegetables are preserved by individually quick freezing to retain texture and flavor of the fresh produce. Our Parisian Carrots are grown naturally round-shaped. Their sweet taste, brilliant orange color and unique shape will delight the gourmet eater. These Parisian Carrots can be used in many recipes as appetizers, in salads or as a side dish.

## Unit

Material	UPC	Pieces / Unit	Unit Weight	Units / Master	Unit Size (LxWxH)
Polybag, heat sealed	825414403052	N/A	2.2lb (907g)	12	15 x 1 x 7.5

## Master Case

Tie / Hi	Cases / Pallet	Case Weight	Case Cube	FOB	Case Size (LxWxH)
12X8	96	25 lbs	1.06ft3	Secaucus, NJ	15.5 x 11.5 x 10.25

## Ingredients

CARROTS.

## Nutrition Facts

Serving Size 2/3 cup (85g)  
Servings Per Container about 11

Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 110%	Vitamin C 4%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

## Cooking Directions

### Stove Top

Bring water to full boil in a covered saucepan. Add frozen carrots and simmer for 5 to 7 minutes.

### Microwave

Place frozen carrots in a microwaveable dish. Add 2 tablespoons water and cover. Cook on high setting for 6 to 8 minutes. Stir halfway through cooking time. Drain and season to taste. Let stand 1 minute. Serve at once.

## Suggestions and Storage

Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Do not thaw and refreeze.

