

Artichoke quarters Egypt 10/2.2 lb

Coeurs d'artichauts en quartiers

PRODUCT OF EGYPT / GI

40200



FROZEN VEGETABLES

IQF VEGETABLES

ARTICHOKE

Product Description

- White Toque's line of gourmet vegetables is selected from the highest grade of specialty vegetables. Those artichokes are preserved by individually quick freezing to retain texture and flavor of the fresh produce. Our Artichokes are grown in Egypt, the source of the world finest artichokes. Their delicate taste and tender hearts will delight the gourmet eater. Artichokes Hearts can be used in many recipes as dips, toppings, in soups, salads, casseroles or cold dishes.

Pack and Case Specifications

Pack Net Weight

2.2lb

Packs per Case

10

Case Size (LxWxH)

15.43"x 11.1"x 8.54"

Case Cube

0.85ft3

Case Gross Weight

23.6lb

Cases per Pallet

80 (10/8)

Ingredients

ARTICHOQUES (LOW CITRIC ACID CONCENTRATION IS USED TO PREVENT OXIDATION OF THE QUARTERS).

Physical

Length: 4.5 to 6.5cm - Max 8% < 4.5cm and Max 10% > 6.5cm
Width: 1.5 to 2.5 cm
Percentage broken leaves: Max 3%
Foreign bodies per kilo: none
Units per Kg: 80-120 pH: >4.5
Catalase Peroxidase: Negative after 30 sec.

Organoleptic

Color: Characteristic of frozen Egyptian artichokes with leaves that can be grey-green to yellow. Some leaves can be purplish-green depending on the harvesting period. Purplish green leaves are naturally present in the artichokes and are not considered as a defect.
Flavor: Characteristic of frozen artichokes.
Odor: Characteristic of frozen artichokes.

Certificates and Claims

Kosher.

Nutrition

Nutrition Facts

Serving Size 1/2 cup (85g)
Servings Per Container 11

Amount Per Serving
Calories 35 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 12%

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • 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

Allergens

Cooking Directions

Microwave

Place artichokes in microwaveable dish, add 2-4 tablespoon of water. Cover and heat for approximately 2-3 minutes, stir, drain excess water, season to taste and serve.

Stove Top

Bring water to full boil in a covered saucepan. Add frozen artichokes and simmer for 7 to 8 minutes or until tender. Drain and season to taste. Serve at once.

Storage and Shelf Life

Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Do not thaw and refreeze. Unopened bags can be stored for 24 months.

UPC code

