



Small artichoke bottoms 10/2.2lb

Fonds d'artichauts (petits)

PRODUCT OF EGYPT

40202



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 Spain. Their delicate taste and tender bottoms will delight the gourmet eater. Artichokes Bottoms can be filled with tuna salad, ratatouille or any other savory filling.

Pack and Case Specifications

Pack Net Weight

2.2lb

Packs per Case

10

Case Size (LxWxH)

15.43" x 12.28" x 8.35"

Case Cube

0.92ft³

Case Gross Weight

24lb

Cases per Pallet

80 (10/8)

Ingredients

Artichokes, citric acid

Physical

Diameter: 30mm to 50mm (1.18" to 1.97").
Count: 30 to 45 pieces per kg.
pH: 4.5 to 5.5.

Organoleptic

Flavor: Typical of IQF Artichoke.
Color: Characteristic light yellow.
Texture: Firm and tender.

Allergens

Cooking Directions

Microwave

Place frozen artichokes with 2 tablespoons of water per serving in a microwave-safe dish covered with clear plastic wrap. Heat for 6 to 8 minutes.

Stove Top

From the frozen stage, blanch in salted water for 6 to 8 minutes. Refresh in ice-water and drain. Season to taste. Great in cold salads or topped with parmesan cheese and baked. Instead of cooking in water, you can also sauté the artichokes with olive oil.

Certificates and Claims

Kosher.

Storage and Shelf Life

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

Nutrition

Nutrition Facts

Serving Size 1/2 cup (85g)

Servings Per Container about 12

Amount Per Serving	Calories from Fat 0
Calories 90	
	% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 15mg	1%
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Total Carbohydrate 15g	5%
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Dietary Fiber 3g	13%
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Soluble Fiber 0g	
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Insoluble Fiber 0g	
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Sugars 0g	
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Protein 8g	
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Vitamin A 0%	Vitamin C 0%
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Calcium 2%	Iron 8%
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*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

UPC code



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