



# Medium artichoke bottoms 10/2.2lb

## Fonds d'artichauts (moyens)

PRODUCT OF EGYPT

40204



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

0.92ft<sup>3</sup>

#### Case Gross Weight

24lb

#### Cases per Pallet

80 (10/8)

### Ingredients

Artichokes, citric acid

### Physical

Diameter: 50mm to 70mm (2" to 2 3/4").  
Count: 20 to 30 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 15 to 20 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.

### Nutrition

#### Nutrition Facts

Serving Size 1/2 cup (85g)  
Servings Per Container about 12

| Amount Per Serving | Calories from Fat 0 |
|--------------------|---------------------|
| <b>Calories 90</b> |                     |
|                    | % Daily Value*      |

|                     |           |
|---------------------|-----------|
| <b>Total Fat 0g</b> | <b>0%</b> |
|---------------------|-----------|

|                  |    |
|------------------|----|
| Saturated Fat 0g | 0% |
|------------------|----|

|              |  |
|--------------|--|
| Trans Fat 0g |  |
|--------------|--|

|                        |           |
|------------------------|-----------|
| <b>Cholesterol 0mg</b> | <b>0%</b> |
|------------------------|-----------|

|                    |           |
|--------------------|-----------|
| <b>Sodium 15mg</b> | <b>1%</b> |
|--------------------|-----------|

|                               |           |
|-------------------------------|-----------|
| <b>Total Carbohydrate 15g</b> | <b>5%</b> |
|-------------------------------|-----------|

|                  |     |
|------------------|-----|
| Dietary Fiber 3g | 13% |
|------------------|-----|

|                  |  |
|------------------|--|
| Soluble Fiber 0g |  |
|------------------|--|

|                    |  |
|--------------------|--|
| Insoluble Fiber 0g |  |
|--------------------|--|

|           |  |
|-----------|--|
| Sugars 0g |  |
|-----------|--|

|                   |  |
|-------------------|--|
| <b>Protein 8g</b> |  |
|-------------------|--|

|              |              |
|--------------|--------------|
| Vitamin A 0% | Vitamin C 0% |
|--------------|--------------|

|            |         |
|------------|---------|
| Calcium 2% | Iron 8% |
|------------|---------|

\*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

### 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 bags can be stored for 24 months.

### UPC code



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