



Large artichoke bottoms 10/2.2lb

Fonds d'artichauts (larges)

PRODUCT OF EGYPT

40209



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: 70mm to 90mm (2 3/4" to 3 1/2").
Count: 13 to 20 pieces per kg.
pH: 4.5 to 5.5.

Nutrition

Nutrition Facts

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

Amount Per Serving		% Daily Value*	
Calories 90	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 15mg			1%
Total Carbohydrate 15g			5%
Dietary Fiber 3g			13%
Soluble Fiber 0g			
Insoluble Fiber 0g			
Sugars 0g			
Protein 8g			
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

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 bags can be stored for 24 months. Opened bag store for 1 month.

UPC code



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11 ENTERPRISE AVENUE NORTH, SECAUCUS, NJ 07094
TEL: (201) 863-2885 OR 800-B-FROZEN FAX: (201) 863-2886

WWW.WHITETOQUE.COM

