



# Artichoke bottom diced 1/22lb

## Dés de fonds d'artichaut

PRODUCT OF EGYPT

40210



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 bottoms will delight the gourmet eater. For your convenience, these artichoke bottoms are pre-blanching and diced. They will be perfect for purees.

### Pack and Case Specifications

Pack Net Weight

22lb

Packs per Case

1

Case Size (LxWxH)

15.5"x 10.25"x 11.5"

Case Cube

1.06ft3

Case Gross Weight

24lb

Cases per Pallet

80 (10/8)

### Ingredients

ARTICHOKEs. CITRIC ACID.

### Physical

Cut: diced 10mm x10 mm (3/8"x3/8").  
Additives: citric acid.  
pH: 4.5 to 5.5  
Foreign material: none.

### Nutrition

#### Nutrition Facts

Serving Size 1/2 cup (85g)  
Servings Per Container about 110

Amount Per Serving  
Calories 25 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 4g 1%

Dietary Fiber 5g 20%

Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 6%

\*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 Fresh Artichoke with a slight citric acid taste.  
Color: characteristic light yellow.  
Texture: firm and tender texture, not fibrous.

### Allergens

### Cooking Directions

**Microwave**

Place frozen vegetables 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.

### Certificates and Claims

### 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 42 months. Opened bag store for 1 month.

### UPC code



revised 20-Feb-15

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