



# Artichoke quarters Peru 10/2.2lb

## Coeurs d'artichauts en quartiers

PRODUCT OF PERU

40212



FROZEN VEGETABLES

IQF VEGETABLES

ARTICHOKE

### Product Description

- White Toque's line of gourmet vegetables is selected from the highest grade of specialty vegetables. Those vegetables are preserved by individually quick freezing to retain texture and flavor of the fresh produce. Our Artichokes are grown in Peru, 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 such as dips, toppings, soups, salads, casseroles or cold dishes.

### Pack and Case Specifications

Pack Net Weight

2.2lb

Packs per Case

10

Case Size (LxWxH)

16.75" x 12.75" x 7.25"

Case Cube

0.90ft<sup>3</sup>

Case Gross Weight

24lb

Cases per Pallet

88 (8/11)

### Ingredients

ARTICHOQUES.

### Physical

Count: 80 to 150 units / kg

### Nutrition

#### Nutrition Facts

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

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 40mg    2%

Total Carbohydrate 4g    1%

Dietary Fiber 4g    16%

Sugars 1g

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

Color: White or yellowish white typical of the variety.

Taste: Typical of artichokes.

Texture: Firm and tender texture, not fibrous.

### Allergens

### Cooking Directions

Stove Top

Bring water to full boil in a covered saucepan. Add frozen artichokes and simmer for 4 to 5 minutes or until tender. Drain and season to taste. Serve at once.

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.

### 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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