



# Un-peeled Fava beans 10/2.2 lb

## Fèves non pelées

PRODUCT OF BELGIUM

40501



FROZEN VEGETABLES

IQF VEGETABLES

BEAN

### Product Description

Favas are also known by an amazing variety of other names: broad beans, Windsor beans, horse beans, and even pigeon beans. Fava beans have been a part of cuisines all around the Mediterranean. Peel the fava once cooked and enjoy their buttery texture, bright taste and sparkling green color and use to mash or puree and spread on crostini or on plates as the basis for preparations ranging from other vegetables to grilled meats and fish to chicken. Add fava beans to risottos, spring vegetable stews and ragouts and soups.

### Pack and Case Specifications

Pack Net Weight

2.2lb

Packs per Case

10

Case Size (LxWxH)

15.25"x 10.25"x 7"

Case Cube

0.63ft3

Case Gross Weight

23.2lb

Cases per Pallet

90 (10/9)

### Ingredients

FAVA BEANS.

### Physical

### Organoleptic

### Nutrition

#### Nutrition Facts

Serving Size 3/4 cup (85g)  
Servings Per Container 12

Amount Per Serving  
**Calories 120**      **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 22g**      **7%**

Dietary Fiber 3g      **12%**

Sugars less than 1g

**Protein 8g**

Vitamin A 6%      •      Vitamin C 35%

Calcium 0%      •      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

### Allergens

### Cooking Directions

Stove Top

Bring water to full boil in a covered saucepan. Add frozen shelled beans and simmer for 1 minute. Drain well and cool in cold water. Using the tip of a knife, slit the translucent skin covering the bean and peel off. Simmer again for 6 to 7 minutes. Drain

### 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.

### UPC code

