Peeled fava beans 10/2.2lb

Fèves pelées

PRODUCT OF EGYPT

40502

- FROZEN VEGETABLES
- IQF VEGETABLES
- BEAN

Product Description

- White Toque's line of gourmet vegetables is selected from the highest grade of specialty vegetables. Our fava beans are grown in Egypt. They are hand picked, hand peeled and hand trimmed for better quality control.

Pack and Case Specifications

Pack Net Weight	Packs per Case
2.2lb	10

Case Size (LxWxH)	Case Cube	Case Gross Weight	Cases per Pallet
15.43''x 11.1''x 8.54''	0.85ft3	24lb	90 (10/9)

Ingredients

FAVA BEANS.

Physical

Length: 0.59" - 1.18"

Nutrition

Nutrition Facts

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

Amount Per Serving	
Calories 35	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 7g	**28%**
Sugars 0g	
Protein 2g	
Vitamin A 0% •	Vitamin C 6%
Calcium 6% •	Iron 4%

*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

Appearance: whole peeled fava beans
Color: Light green
Texture: Tender
Taste: Typical of peeled fava beans
Odor: Typical of peeled fava beans

Allergens

Cooking Directions

Stove Top
Bring salted water to full boil in a covered saucepan. Add the fava beans and simmer for 1 to 2 minutes. Drain and allow to cool down in cold water.

Microwave
Place frozen fava beans in a microwaveable dish. Add 2 tablespoons water and cover. Cook on high setting for 4 to 5 minutes. Stir halfway through cooking time. Drain and season to taste. Let stand 1 minute. Serve at once.

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 7 days.

UPC code

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