



# Flageolets extra fine 10/2.2lb

## Flageolets extra fins

PRODUCT OF FRANCE

40503



FROZEN VEGETABLES

IQF VEGETABLES

BEAN

### Product Description

- Flageolets are tender, small oval bush type shelled beans about a half-inch in length, with a pale green color. It is very popular in French cooking. Its versatile flavor compliments lamb, as well as fish and chicken. Very light tasting, they stay in shape beautifully even after cooking. Frozen IQF Flageolets, unlike dried beans, do not require overnight soaking or precooking before they are prepared. Best cooked in very little water, on low heat, until tender.

### Pack and Case Specifications

#### Pack Net Weight

2.2lb

#### Packs per Case

10

#### Case Size (LxWxH)

15.15" x 11.22" x 6.69"

#### Case Cube

0.66ft3

#### Case Gross Weight

24lb

#### Cases per Pallet

80 (10/8)

### Ingredients

BROADBEANS.

### Physical

Species: Phaseolus Vulgaris L.

### Nutrition

#### Nutrition Facts

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

#### Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value\*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 10g 3%

Dietary Fiber 4g 15%

Sugars 2g

Protein 4g

Vitamin A 6% • Vitamin C 45%

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

Appearance: whole flageolets

Texture: crunchy

Taste: characteristic of flageolets

### Allergens

### Cooking Directions

#### Stove Top

Place the frozen beans in saucepan and cover with water. Add garlic clove, carrot, bay leaf, thyme and pepper. Bring water to full boil and simmer for 3 minutes, add salt and simmer for another 3 to 4 minutes or until tender. Drain and serve.

### 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 30 months.

### 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

