



Yuca raw frozen 6/5lb

Yucca cru surgelée

PRODUCT OF COSTA RICA

40828



FROZEN VEGETABLES

IQF VEGETABLES

CARIBBEAN VEGETABLE

Product Description

Our raw frozen yucca selection come in a convenient 5lb bag. Peeled, cut and mostly deveined.

Pack and Case Specifications

Pack Net Weight

5lb

Packs per Case

6

Case Size (LxWxH)

14.5" x 11.5" x 9"

Case Cube

0.87ft³

Case Gross Weight

31lb

Cases per Pallet

80 (10/8)

Ingredients

Fresh yucca (Manihot dulcis pax).

Physical

Organoleptic

Color: White
Flavor: Typical of yucca

Nutrition

Nutrition Facts

Serving Size 1/2 piece (114g)
Servings Per Container about 20

Amount Per Serving

Calories 190 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 44g 15%

Dietary Fiber 0g 0%

Sugars 5g

Protein 1g

Vitamin A 0% • Vitamin C 15%

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

Allergens

Cooking Directions

Stove Top

Bring a pot of water to boil, once boiling submerge the yucca from frozen. Cook for 20 to 30 minutes. Drain the water and add salt to taste.

Certificates and Claims

Gluten free.

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 12 months. Opened bag stored for 1 month.

UPC code



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