



Cassava/yucca fries 6/4lb

PRODUCT OF COLOMBIA

40839



FROZEN VEGETABLES

IQF VEGETABLES

CARIBBEAN VEGETABLE

Product Description

- Yuca is a starchy staple vegetable in Latin America and the Caribbean that is used in much the same way as potatoes. Our tasty yuca fries are extruded and pre-fried.

Pack and Case Specifications

Pack Net Weight

4lb

Packs per Case

6

Case Size (LxWxH)

15.35" x 9.44" x 9.84"

Case Cube

0.83ft3

Case Gross Weight

25lb

Cases per Pallet

100 (10/10)

Ingredients

Yuca/Cassava, water, potato starch, sugar, salt, palm olein, preservative (potassium sorbate, sodium benzoate).

Physical

Units/bag: 149-151
Unit weight: about 0.42 oz

Nutrition

Nutrition Facts

Serving Size about 7 pieces (85g)
Servings Per Container about 21

Amount Per Serving
Calories 200 Calories from Fat 60

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	5%
Sugars 1g	

Protein 1g
Vitamin A 0% • Vitamin C 8%
Calcium 2% • Iron 2%

*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: Yellow
Flavor: Typical of Cassava/Yuca

Allergens

Cooking Directions

Oven

Preheat oven at 350°F (180°C). Place the frozen fries on a paper-lined baking tray and cook for 5-6 minutes. Turn over and cook for 5-6 more minutes. Serve with La Toca Blanca salsa or Chimichurri.

Fryer

Preheat oil to 350°F (180°C). Fry products for 2-3 minutes until golden brown. Drain and serve along with La Toca Blanca salsa or Chimichurri.

Certificates and Claims

Storage and Shelf Life

Store in freezer below 0°F (-18°C). Shelf-life (frozen): 18 months. Keep frozen until ready to use. Do not thaw and refreeze.

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

