



Artichoke & Spinach Croquettes 4/2 lb

Croquettes artichaut et épinard

PRODUCT OF USA

50184



FROZEN SAVORY

HORS D'OEUVRES

WARM APPETIZERS

Product Description

- Spanish Croquettes are common on bar counters and in homes across Spain, served as tapas, light lunch, or a dinner along with a salad. This recipe includes artichoke, spinach, parmesan cheese in a bechamel sauce, and then lightly breaded.

Pack and Case Specifications

Pack Net Weight

2lb

Packs per Case

4

Case Size (LxWxH)

10" x 8" x 6"

Case Cube

0.28ft³

Case Gross Weight

8.5lb

Cases per Pallet

192 (24/8)

Ingredients

whole milk, enriched wheat and barley flour, artichoke, spinach, parmesan cheese (cultured milk, enzymes, salt, anticaking agent (cellulose)), margarine (canola and/or soybean oil, partially hydrogenated soybean oil, water, salt, lecithin, mono- and diglycerides, preservative (sodium benzoate), color (beta-carotene), vitamin A palmitate), egg yolk, bread crumbs (toasted bread crumbs made from enriched bread (enriched wheat flour, corn syrup, partially hydrogenated vegetable oil, shortening (soybean and/or cottonseed oil), salt, yeast, whey, soy flour, malted barley flour, wheat gluten, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, nonfat dry milk, soy lecithin, preservative (calcium propionate), sesame seeds, caraway seeds), salt.

Allergens

CONTAINS: WHEAT, MILK, EGG, SOY,

Cooking Directions

Deep Fry

Deep fry from frozen in hot oil for 3 to 4 minutes or until golden brown.

Physical

Unit weight: 0.7 oz (20 g)

Organoleptic

Certificates and Claims

All natural.

Storage and Shelf Life

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

Nutrition

Nutrition Facts

Serv. Size 1 piece (20g)
Servings 46

Amount Per Serving

Calories 40
Fat Cal. 20
Sat. Fat Cal. 10

% DV*

Total Fat 2.5g 4%

Sat Fat 1g 5%

Trans Fat 0g

Cholest. 5mg 2%

Sodium 25mg 1%

Total Carb. 3g 1%

Fiber 0g 0%

Sugars 0g

Protein 1g

Vitamin A 6% • Vitamin C 2%

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

UPC code



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