



# Artichoke bottom chunks 4/5.5lb

## Fonds d'artichaut en morceaux

PRODUCT OF EGYPT

40211



FROZEN VEGETABLES

IQF VEGETABLES

ARTICHOKE

### Product Description

- White Toque's line of gourmet vegetables is selected from the highest grade of specialty vegetables. Those artichokes are preserved by individually quick freezing to retain texture and flavor of the fresh produce. They have a delicate taste and tender bottoms that will delight the gourmet eater. For your convenience, these artichoke bottoms are hand-cut and pre-blanching. They are perfect for salads.

### Pack and Case Specifications

Pack Net Weight

5.5lb

Packs per Case

4

Case Size (LxWxH)

15.25"x 10"x 9.8"

Case Cube

0.87ft<sup>3</sup>

Case Gross Weight

23.15lb

Cases per Pallet

60 (10/6)

### Ingredients

Artichokes, citric acid.

### Physical

pH: 4.5 to 5.5

### Nutrition

#### Nutrition Facts

Serving Size 3/4 cup (85g)	
Servings Per Container about 117	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 3g	13%
Sugars 0g	
<b>Protein 8g</b>	
Vitamin A 0%	Vitamin C 0%
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: typical of artichoke  
 Color: Creamy  
 Texture: Firm  
 Taste: Typical of artichoke  
 Odor: Typical of artichoke

### Allergens

### Cooking Directions

**Stove Top**

Bring water to full boil in a covered saucepan. Add frozen artichokes and simmer for 8 to 10 minutes. Avoid overcooking. Drain and season to taste. Serve at once.

### 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 24 months.

### UPC code

