



We preserve nature's gifts

Ardo Spinach Chopped Portions

4210

Premium quality chopped spinach for superior convenience, consistency and flavour.

- * Free from additives
- * Free from preservatives
- * Suitable for vegans
- * Source of fibre

Ideal for:

Cafes, restaurants, QSR, clubs, hotels, catering, hospitals, canteens and institutions.



Certifications:

HACCP Certified. GMO Free.

Product Information

Code	Product	Units/ Carton
4210	Ardo Spinach Chopped Portions	4 x 2.5kg

Nutrition Information		
Servings per pack: 25 Serving size: 100g		
	Avg Qty per serving	Avg Qty per 100g
Energy	108kj	108kj
Protein	3.1g	3.1g
Fat -Total	0.8g	0.8g
-Saturated	0.1g	0.1g
Carbohydrate	0.5g	0.5g
Sugars	0.3g	0.3g
Fibre	2.1g	2.1g
Sodium	40mg	40mg

Cooking Instructions Cook Before Consumption

Method 1 (Preferred preparation method)

Stove Top: Place the frozen vegetables in boiling water and bring back to boil. Frozen vegetables do not need to be cooked for as long as fresh since they are par cooked. Drain and season to taste.

Method 2

Microwave: Put the desired quantity of product in a microwave bowl, cover and cook, stirring well.

Storage: Keep frozen at or below -18°C

Frozen Shelf Life: 2 Years from production

Chilled Shelf Life: Not recommended

Ingredients: Spinach (100%)

Allergens: None

Product of Belgium





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Packaging

Packaging Configuration 4 x 2.5kg

Inner:



Packaging Type: Printed Food Grade Plastic Bag

Barcode: 5411361023396

Outer:

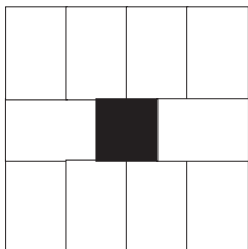


Packaging Type: Cardboard Carton

Barcode: 05411361001608

Dimensions: 390mm(L) x 260mm(W) x 215mm(H)

Pallet Configuration



10B1

10 Cartons per layer

4 Layers per pallet

40 Cartons per pallet