



vve preserve nature's gills

## Ardo Carrots Sliced -Crinkle Cut

4230

Premium quality sliced crinkle cut carrots for superior convenience.

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



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



#### Certifications:

HACCP Certified. GMO Free.

#### **Product Information**

**Nutrition Information** 

Code		Units/Carton
4230	Ardo Carrots Sliced - Crinkle Cut 22/28	2.5kg x 4 (10kg)

Servings per pack: 25 Serving size: 100g			
	Avg Qty per serving	Avg Qty per 100g	
Energy	117kJ	117kJ	
Protein	0.6g	0.6g	
Fat -Total	0.4g	0.4g	
-Saturated	0.1g	0.1g	
Carbohydrate	4.3g	4.3g	
Sugars	4.1g	4.1g	
Sodium	24mg	24mg	

Ingredients: Carrots (100%)

Allergens: None

### 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.

#### Method 3

Fry Pan: Heat 1 - 2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat stirring well

Storage: Keep frozen at or below -18°C

Frozen Shelf Life: 2 Years from production

Chilled Shelf Life: Not recommended









Product of Belgium







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## **Packaging**

Packaging Configuration 2.5kg x 4 (10kg)

Inner: Outer:





Packaging Type: Printed Food Grade Plastic Bag

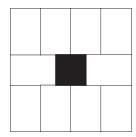
Barcode: 5411361080030

Packaging Type: Cardboard Carton

Barcode: 05411361001905

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

## **Pallet Configuration**



10B110 Cartons per layer5 Layers per pallet50 Cartons per pallet