



Sweet Corn Ribs





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4334

Sweet corn cobs cut into quarters, sweet and crunchy;
Cook frothe excellent pair for barbecue, salad or by itself
with your favourite dip!

- * Freshly Harvested & Frozen
- * Retail Ready Packed - 2.5kg
- * Air Fryer Ready

Ideal for:
Cafes, Restaurants. QSR, Clubs, Hotels, Catering



Certifications:
HACCP

Product Information

Code	Product	Units/Carton
4334	Ardo Sweet Corn Ribs	4 x 2.5kg

Nutrition Information

Servings per pack: 25
Serving size: 100g

	Avg Qty per serving	Avg Qty per 100g
Energy	324 kJ	324 kJ
Protein	3.6 g	3.6 g
Fat - Total	1.9 g	1.9 g
- Saturated	0.2 g	0.2 g
Carbohydrate	21.6 g	21.6 g
Sugars	2.5 g	2.5 g
Dietary Fibre	5.1 g	5.1 g
Sodium	0 mg	0 mg

Ingredients:
Corn Cobs (100%)

Cooking Instructions

Method 1

BBQ: Place over medium heat and cook till tender, rotate occasionally.

Method 2

Air Fryer: Cook from frozen, for 15-20 minutes at 200°C.

Method 3

Oven: Cook from frozen, for 15-20 minutes at 200°C. Rotate halfway cooking.

Storage: Keep frozen at or below -18°C.

Frozen Shelf Life: 2 years

PRODUCT OF SPAIN