



We preserve nature's gifts

Ardo Brussel Sprouts

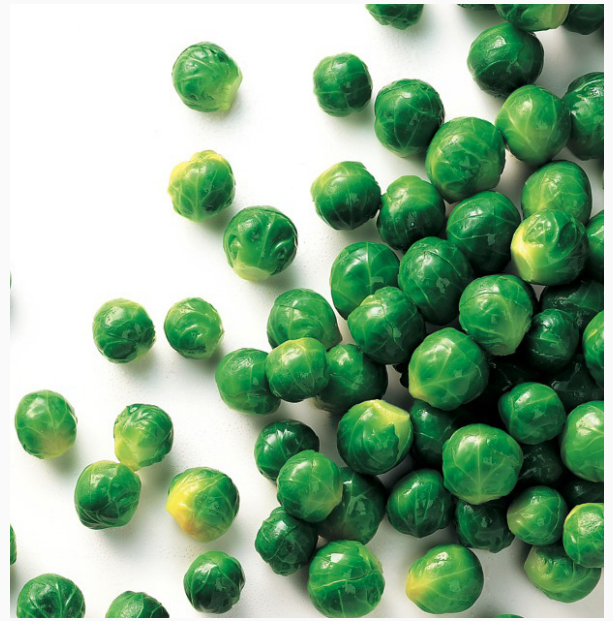
4282

Premium quality brussel sprouts, frozen fresh for superior consistency and flavour.

- * Suitable for Vegans
- * No Preservatives
- * No Additives
- * 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	Piece Size
4282	Ardo Brussel Sprouts	4 x 2.5kg (10kg)	25-30mm

Nutrition Information

Servings per pack: 25
Serving size: 100g

	Avg Qty per serving	Avg Qty per 100g
Energy	188kJ	188kJ
Protein	3.5g	3.5g
Fat -Total	1.3g	1.3g
-Saturated	0.3g	0.1g
Carbohydrate	2.7g	2.3g
Sugars	2.4g	2.4g
Fibre	4.3g	4.3g
Sodium	20mg	20mg

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: Brussel Sprouts (100%)

Allergens: None

Product of Belgium





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Packaging

Packaging Configuration **4 x 2.5kg (10kg)**

Inner:



Packaging Type: Printed Food Grade Plastic Bag

Barcode: 5411361341704

Outer:

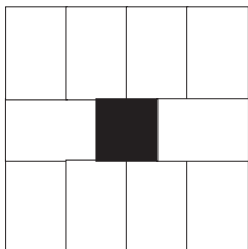


Packaging Type: Cardboard Carton

Barcode: 05411361601431

Dimensions: 390mm(L) x 260mm(W) x 190mm(H)

Pallet Configuration



10B1

10 Cartons per layer

5 Layers per pallet

50 Cartons per pallet