



CARROT ROUNDS 2500 G



Ingredients

Carrots.

Product Sheet

Product Code	300028
EAN Confezione	8003495000281
Weight (G)	2500
Packs Per Carton	4
Cartoni Per Pallet	72

Directions

Steam Oven

Put the frozen product onto a perforated pan in a steam oven at 98C. Wait for the temperature to reach 98C and cook for 13 minutes. Remove from the oven and use as desired.

Pan

Pour the frozen product in a non-stick pan with a drizzle of oil and 5 spoonfuls of water, cover and cook for 18 minutes over medium heat. Use as desired.

Pot

Pour the frozen product in salted boiling water, wait for water to boil and cook for 13 minutes, drain and use as desired.

Nutrition Facts

	For 100 G
Energy	154 kJ / 37 kcal
Total fat	0 g
Saturated fatty acids	0 g
Carbohydrate	6.2 g
Sugars	5.8 g
Fiber	3 g
Proteins	0.8 g
Salt	0.12 g