



COURGETTE (ZUCCHINI) DICES 2500 G



Ingredients

Courgettes.

Product Sheet

Product Code	310626
EAN Confezione	8003495106266
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 oven to heat up to 98C and steam for 4 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 1 tablespoon of water, cover and cook for 5 minutes over medium heat. Use as desired.

Nutrition Facts

	For 100 G
Energy	67 kJ / 16 kcal
Total fat	0 g
Saturated fatty acids	0 g
Carbohydrate	2 g
Sugars	1.2 g
Fiber	1.3 g
Proteins	1.3 g
Salt	0 g