



## VEGETABLE MIX FOR CAPONATA 1000 G



### *Ingredients*

Vegetables in varying proportions: pre-fried aubergines (aubergines, sunflower seed oil), grilled courgettes, grilled peppers, grilled onions, semi-dry tomatoes.

## Product Sheet

Product Code	353250
EAN Confezione	8003495532508
Weight (G)	1000
Packs Per Carton	6
Cartoni Per Pallet	99

## Directions

### Convection Oven

Put the frozen product onto a baking pan in a preheated (190C) convection oven. Wait for the oven to reach the set temperature and bake for 8 minutes. Use as desired.

### Pan

Pour the frozen product in a non-stick pan, cover and cook for 10 minutes over medium heat. Use as desired.

## Nutrition Facts

	For 100 G
Energy	628 kJ / 152 kcal
Total fat	14 g
Saturated fatty acids	0.7 g
Carbohydrate	3.9 g
Sugars	3.8 g
Fiber	4.5 g
Proteins	1.5 g
Salt	0.02 g