



5 WHOLE GRAINS SALAD WITH VEGETABLES 1000 G



Ingredients

Whole cereals in varying proportions 50% (WHEAT spelt, BARLEY, rice, OATS, WHEAT), green beans, grilled peppers, cauliflower, carrots, chickpeas, broccoli, red kidney beans, edamame SOY beans. May contain traces of MUSTARD. Manufactured in a facility that also processes broadbeans.

Product Sheet

Product Code	351316
EAN Confezione	8003495513163
Weight (G)	1000
Packs Per Carton	4
Cartoni Per Pallet	180

Directions

Steam Oven

Place the product on a perforated baking tray without thawing. Then, put it in a steam oven at 98 °C. Wait for the temperature to rise again and cook for 4 minutes. Take it out of the oven, and use as desired.

Convection Oven

Place the product on a baking tray with a drizzle of extra-virgin olive oil without thawing. Then, put it in a hot convection oven at 150 °C. Wait for the temperature to rise again and cook for 8 minutes. Use as desired.

Pan

Pour the product in a non-stick pan with a drizzle of extra-virgin olive oil without thawing. Put the lid on and cook for 7 minutes over medium heat. Use as desired.

Nutrition Facts

	For 100 G
Energy	455 kJ / 108 kcal
Total fat	1.2 g
Saturated fatty acids	0.2 g
Carbohydrate	17 g
Sugars	1 g
Fiber	5.6 g
Proteins	4.5 g
Salt	0.1 g