



TRICOLOR VEGGIE MIX 1000

G



Ingredients

Vegetables in varying proportions: broccoli, cauliflower, carrots.

Product Sheet

Product Code	351303
EAN Confezione	8003495521038
Weight (G)	1000
Packs Per Carton	6
Cartoni Per Pallet	81

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 8 minutes. Remove the product from the oven and use as desired.

Pan

Pour the frozen product in a non-stick pan with a drizzle of oil and 1/4 liter of water. Cover and cook for 12 minutes over medium heat. Use as desired.

Pot

Pour the frozen product in salted boiling water, wait for water to boil and cook for 6 minutes, drain and use as desired.

Nutrition Facts

	For 100 G
Energy	106 kJ / 25 kcal
Total fat	0.5 g
Saturated fatty acids	0 g
Carbohydrate	2.4 g
Sugars	2.2 g
Fiber	2.4 g
Proteins	1.5 g
Salt	0.05 g
Vitamin C	30 mg
Vitamin A	350 µg