



CARROTS RICH TASTE 150 G



Ingredients

Carrots 92%, sunflower oil, extra virgin olive oil, salt, white dressing (white wine vinegar, concentrated grape must), rosemary, sugar, garlic.

Product Sheet

Product Code	353146
EAN Confezione	8003495531464
Weight (G)	150
Packs Per Carton	12
Cartoni Per Strato	9
Cartoni Per Pallet	180

Directions

Pan

Put the Carrots in a non-stick pan without thawing. Add a tablespoon of water and cook for about 5 minutes without the lid and stirring occasionally.

Microwave

Place the sealed bag on a plate, with the back seal facing upwards. Put the plate in the microwave and cook for 3 minutes at 750 Watts or for 2 and a half minutes at 900 Watts. After cooking, remove plate and bag from the microwave, and wait another 1-2 minutes before opening. Pour the Carrots into a bowl and use them as you prefer. **WARNING:** do not open or pierce the bag before microwaving. The bag is very hot after cooking; touch it only at the edges.

Nutrition Facts

	For 100 G	Per Portion (150 G)
Energy	351 kJ / 85 kcal	527 kJ / 127 kcal
Total fat	6 g	9 g
Saturated fatty acids	0.8 g	1.2 g
Carbohydrate	5.8 g	8.7 g
Sugars	5.5 g	8.3 g
Fiber	2.1 g	3.2 g
Proteins	0.8 g	1.2 g
Salt	0.5 g	1.8 g