



Chill Ripe Baby Lima Beans 1 x 20 lbs

Ingredients:

Lima beans

Format: 1 x 20 lbs



Product specifications

Country of origin : N/A

Nutrient Claims :

- Source of iron
- High source of fibre

Shelf life :

The shelf life is 24 months. The temperature must be -18°C or 0°F.

Case code SCC : 10034700510092

Preparation

Start from frozen vegetables and cook to a minimum temperature of 75°C (165°F).

Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture. Do not refreeze thawed product. If thawed, cook immediately.

Recommended cooking method :



Steam

Combination oven, pressure-cooker, steamer basket, steamer.

Cook vegetables for approximately 4 to 6 minutes or until they have reached desired texture.

Nutrition Facts/Valeur nutritive			
Serving Size 1/2 cup (85g)/Portion 1/2 tasse (85g)			
Servings Per Container 24/Portions par contenant 24			
Amount Per Serving/Quantité par portion			
Calories/Calories	90	Calories from Fat/Calories provenant des lipides	0
% Daily Value/Valeur quotidienne*			
Total Fat/Lipides totaux	0 g		0 %
Saturated Fat/Gras saturés	0 g		0 %
Trans Fat/Gras trans	0 g		
Cholesterol/Cholestérol	0 mg		0 %
Sodium/Sodium	25 mg		1 %
Potassium/Potassium	380 mg		11 %
Total Carbohydrate/Glucides Totaux	17 g		6 %
Dietary Fiber/Fibres alimentaires	5 g		20 %
Sugars/Sucres	1 g		
Protein/Protéines	6 g		
Vitamin A/Vitamine A	2 %	Vitamin C/Vitamine C	8 %
Calcium/Calcium	2 %	Iron/Fer	10 %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. / *Les pourcentages des valeurs quotidiennes sont basés sur une diète de 2000 calories. Vos valeurs quotidiennes peuvent être plus élevées ou plus basses selon vos besoins en calories:			
	Calories/Calories	2,000	2,500
Total Fat/Lipides totaux	Less than/moins que	65g	80g
Sat Fat/Gras saturés	Less than/moins que	20g	25g
Cholesterol/Cholestérol	Less than/moins que	300mg	300mg
Sodium/Sodium	Less than/moins que	2,400mg	2,400mg
Total Carbohydrate/Glucides totaux		300g	375g
Dietary Fiber/Fibres alimentaires		25g	30g
Calories per gram./Calories par gramme:			
Fat/Lipides	-	Carbohydrate/Glucides	-
		Protein/Protéines	-

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