



## Arctic Gardens Spinach Chopped 6 x 2 kg

### Ingredients:

Spinach

Format: 6 x 2 kg

## Product specifications

Country of origin : France

### Nutrient Claims :

- Good source of calcium
- Excellent source of vitamin A
- Source of iron
- Source of fibre
- Source of vitamin C

### Shelf life :

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

Case code SCC : 10055686509108

## 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 2 to 4 minutes or until they have reached desired texture.



## Nutrition Facts Valeur nutritive

4 nuggets (85g) / 4 pépites (85g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 35</b>	
<b>Fat / Lipides 1 g</b>	<b>1 %</b>
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 15 mg</b>	<b>1 %</b>
<b>Potassium / Potassium 260 mg</b>	<b>7 %</b>
<b>Carbohydrate / Glucides 4 g</b>	<b>1 %</b>
Fibre / Fibres 2 g	8 %
Sugars / Sucres 0 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	50 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	15 %
Iron / Fer	8 %

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