

10605 - Fava Beans Peeled



White Toque fava beans are a member of the broad bean family and grown in the region surrounding the mediterranean Sea. They are shelled, peeled and blanched before being individually quick frozen. They are ready to thaw and use in salads, puree for hummus and other cold applications or heat and serve in your favorite mediterranean dishes. Saves time and labor allowing for q...



MARKETING

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PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description			
40502		00825414405025		10/2.2 LB			
Brand		Brand Owner		GPC Description			
White Toque		White Toque Inc		Vegetables - Prepared/Processed (Perishable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition		
23.15 LBR	22 LBR	No	Egypt	Undeclared	No		
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
15.5 INH	10.3 INH	10 INH	0.92 FTQ	10x08	633 Days	-5 FAH / -2.5 FAH	
Traceability Regulation							
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors				
N/A	N/A	N/A	N/A				

HANDLING SUGGESTIONS

Store in freezer below 0°F (-18°C). Use within 6 days refrigerated once thawed. Do not thaw and refreeze. Unopened bags can be stored for 24 months.---UNIT UPC: 825414405025---

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INI = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

Nutrition Facts

100 Servings per container

Serving Size 100.0 GR

Amount Per Serving
Calories 70

% Daily Value*

Total Fat 5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 50 mg 2%

Total Carbohydrates 12 g 4%

Dietary Fiber 4 g 17%

Total Sugars 6 g

Includes 0 g Added Sugars 0%

Protein 6 g

Vitamin D 0 mcg 0%

Calcium 0 mg 2%

Iron 10 mg 10%

Potassium 0 mg 0%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Fava Beans

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PREPARATION & COOKING SUGGESTIONS

Bring salted water to full boil in a covered saucepan. Add the fava beans and simmer for 1 to 2 minutes. Drain and allow to cool down in cold water. May also be sauteed from frozen, thawed and used in salads or pureed for fava bean hummus and dips.

SERVING SUGGESTIONS

Thaw for use in cold salads, hummus and dips. sautee and blend with other vegetables for traditional Italian, Egyptian and portugeuse dishes. Popular vegetable item in most all Mediterranean countries.

MORE INFORMATION