



## Green asparagus spears



### NUTRITION INFORMATION (100G)

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Energy: 119kj/28kcal

Fat: 0.6g

Fat of which saturates: 0.1g

Carbohydrate : 2g

Carbohydrate of which sugars: 1.9g

Fibre: 1.7g

Protein: 2.9g

Salt: 0.003g

### PREPARATION

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Place the frozen vegetables in boiling water and bring back to boil. Frozen vegetables do not need to be cooked for as long as fresh since they are par cooked. Drain and season to taste.



Put the desired quantity of product in a microwave bowl, cover and cook, stirring well.



## LOGISTICAL INFORMATION (EURO PALLET)

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1000G

1000G



|                           |   |
|---------------------------|---|
| <b>Item code:</b>         | 100132010   |
| <b>Number and weight:</b> | 10x1000g  |
| <b>Layer/Cartons:</b>     | 7x6c  |
| <b>GTIN CU:</b>           | 5411361043509   |
| <b>GTIN SU:</b>           | 05411361002209  |
| <b>JD Edwards:</b>        | 10933   |
| <b>Languages:</b>         | NL - F - D - UK - E - P - IT - GR - DK - SE - NO - FI |



|                           |  |
|---------------------------|--|
| <b>Item code:</b>         | 100132110  |
| <b>Number and weight:</b> | 10x1000g   |
| <b>Layer/Cartons:</b>     | 7x6c   |
| <b>GTIN CU:</b>           | 5411361019795  |
| <b>GTIN SU:</b>           | 05411361019801   |
| <b>Languages:</b>         | UK - CZ - SK - H - HR - SL - RU - PL - RO - EE - LT - LV - BG - UA |