



# Peeled fava beans 10/2.2lb

## Fèves pelées

PRODUCT OF EGYPT

40502

FROZEN VEGETABLES

IQF VEGETABLES

BEAN



### Product Description

- White Toque's line of gourmet vegetables is selected from the highest grade of specialty vegetables. Our fava beans (also called broad beans) are grown in Egypt. They are hand picked, hand peeled and hand trimmed for better quality control.

### Pack and Case Specifications

<b>Pack Net Weight</b>	<b>Packs per Case</b>	
2.2lb	10	
<b>Case Size (LxWxH)</b>	<b>Case Gross Weight</b>	<b>Cases per Pallet</b>
15.43"x 11.1"x 8.54"	24lb	80 (10/8)
<b>Master Case GTIN</b>	<b>Case Cube</b>	<b>Expiration date codification</b>
00825414405025	0.85ft3	

### Microbiological

Aerobic Total Bacterial Count < 10<sup>5</sup>/g  
 Moulds and Yeasts < 10<sup>3</sup>/g  
 Coli form Group < 10<sup>3</sup>/g  
 Escherichia coli absence  
 Staphylococcus aureus < 10<sup>2</sup>/g  
 Salmonella absence/25g  
 Listeria monocytogenes absence/25g

### Ingredients

FAVA BEANS.

### Physical

Length: 0.71" - 1.18"  
 > 24 mm = 15 %  
 < 14 mm = 7 %  
 Nb/kg : 600 - 1100 halves  
 Oxydation : < 2%  
 Brown spots : < 4%  
 Broken pieces : < 2%  
 Yellowish color : < 3%

### Nutrition

#### Nutrition Facts

Serving Size (100g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 4g	17%
Sugars 6g	
<b>Protein 6g</b>	
Vitamin A 8%	Vitamin C 60%
Calcium 2%	Iron 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:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
	Fat 9 • Carbohydrate 4 • Protein 4	

### Organoleptic

Appearance: whole peeled fava beans  
 Color: Light green  
 Texture: Tender  
 Taste: Typical of peeled fava beans  
 Odor: Typical of peeled fava beans

### Allergens

### Directions

#### Stove Top

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.

#### Microwave

Place frozen fava beans in a microwaveable dish. Add 2 tablespoons water and cover. Cook on high setting for 4 to 5 minutes. Stir halfway through cooking time. Drain and season to taste. Let stand 1 minute. Serve at once.

### Certificates and Claims

Kosher.  
 GMO-free.  
 Gluten free.

### Storage and Shelf Life

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.

MANUFACTURER PRODUCT SPEC SHEET DISTRIBUTED BY  
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