VEGETABLES, FRUIT & BERRIES





BABY CARROTS

INGREDIENTS:

100% baby carrots, IQF shock frozen

CROPPING PERIOD:

July - August - September

PROCESS DESCRIPTION:

Immediately after cropping the carrots are cleaned thoroughly, vapour-pealed, blanched, IQF shock frozen and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	119 kJ/ 28 kcal
Fat:	0,0 g
Saturated fatty acids:	0,0 g
Carbohydrate:	6,7 g
Sugar:	6,5 g
Protein:	0,4 g
Salt: 1	95 mg
(Coming from Sodium)	



BROAD BEANS

INGREDIENTS:

100% broad beans, IQF shock frozen

CROPPING PERIOD:

July - August

PROCESS DESCRIPTION:

Immediately after cropping the broad beans are cleaned thoroughly, blanched, shock frozen, sorted and packed IQF in storage palletainers.

Energy:	150 kJ/ 36 kcal
Fat:	0,0 g
Saturated fatty acids:	0,0 g
Carbohydrate:	4,0 g
Sugar:	0,0 g
Protein:	5,0 g
Salt: 1	2,5 mg
(Coming from Sodium)	





BROCCOLI

INGREDIENTS:

100% broccoli, IQF shock frozen

CROPPING PERIOD:

October

PROCESS DESCRIPTION:

Immediately after cropping the broccoli is cut into florets, sorted, blanched, shock frozen, calibrated and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	84 kJ/ 20 kcal
Fat:	0,0 g
Saturated fatty acids:	0,0 g
Carbohydrate:	2,0 g
Sugar:	2,0 g
Protein:	3,0 g
Salt: 1	3,0 mg
(Coming from Sodium)	



BRUSSEL SPROUTS

INGREDIENTS:

100% Brussel sprouts, IQF shock frozen

CROPPING PERIOD:

October - January

PROCESS DESCRIPTION:

Immediately after cropping, the Brussel sprouts are cleaned thoroughly, blanched, sorted, shock frozen and packed IQF in storage palettainers.

Energy:	143 kJ/ 34 kcal
Fat:	0,3 g
Saturated Fat:	0,1 g
Carbohydrate:	4,5 g
Sugar:	2,4 g
Protein:	3,2 g
Salt: 1	30 mg
(Coming from Sodium)	te-saltana a a





CAULIFLOWER

INGREDIENTS:

100% Cauliflower, IQF shock frozen

CROPPING PERIOD:

July - August + October - November

PROCESS DESCRIPTION:

Immediately after cropping, the cauliflower is cut into florets (supplied like that), blanched, shock frozen and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	74 kJ/ 18 kcal
Fat:	0,2 g
Saturated Fat:	0,0 g
Carbohydrate:	2,1 g
Sugar:	1,6 g
Protein:	1,9 g
Salt:	47,5 mg
(Coming from Sodium)	DENNIE CHINES



CHOPPED SPINACH

INGREDIENTS:

100% Chopped spinach, IQF shock frozen

CROPPING PERIOD:

April - May - June

PROCESS DESCRIPTION:

Immediately after cropping the spinach is cleaned thoroughly, chopped, blanched, shock frozen in portions and packed IQF in storage palettainers.

Energy:	72 kJ/17 kcal
Fat:	0,4 g
Saturated Fat:	0,1 g
Carbohydrate:	0,6 g
Sugar:	0,2 g
Protein:	2,8 g
Salt:	77.5 mg
(Coming from Sodium)	





CUT GREEN BEANS

INGREDIENTS:

100% cut green beans, IQF shock frozen

CROPPING PERIOD:

August - September - October

PROCESS DESCRIPTION:

Immediately after cropping the beans are cleaned thoroughly, the tops are removed, the beans are cut, blanched, shock frozen and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	100 kJ/ 24 kcal
Fat:	0,1 g
Saturated Fat:	0,1 g
Carbohydrate:	3,7 g
Sugar:	1,0 g
Protein:	2,0 g
Salt:	27,5 mg
(Coming from Sodium)	Control All Calculus



DICED CARROTS

INGREDIENTS:

100% Diced carrots, IQF shock frozen

CROPPING PERIOD:

July - August - September

PROCESS DESCRIPTION:

Immediately after cropping the carrots are cleaned thoroughly, vapour-pealed, blanched, shock frozen and packed IQF in storage palettainer.

Energy:	119 kJ/ 28 kcal
Fat:	0,0 g
Saturated Fat	0,0 g
Carbohydrate:	6,7 g
Sugar:	6,5 g
Protein:	0,4 g
Salt:	95 mg
(Coming from Sodium)	2006-3116-3170-3174





GREEN PEAS

INGREDIENTS:

100% green peas, IQF shock frozen

CROPPING PERIOD:

June - July

PROCESS DESCRIPTION:

Immediately after cropping the peas are cleaned thoroughly, blanched, shock frozen, sorted and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	247 kJ/ 59 kcal
Fat:	0,3 g
Saturated Fat:	0.1 g
Carbonhydrate:	9,0 g
Sugars:	3,1 g
Protein:	5,2 g
Salt:	82.5 mg
(Coming from Sodium)	See Ser Children



LEAF SPINACH

INGREDIENTS:

100% leaf spinach, IQF shock frozen

CROPPING PERIOD:

April - May - June

PROCESS DESCRIPTION:

Immediately after cropping the spinach is cleaned thoroughly several times, blanched, shock frozen in portions and packed in storage palettainers.

Energy:	62 kJ/15 kcal
Fat:	0,5 g
Saturated fatty acid:	0,1 g
Carbohydrate:	0,7 g
Sugar:	0,4 g
Proteïne:	1,9 g
Salt:	15 mg
(Coming from Sodium)	





3 WAY MIX

INGREDIENTS:

50% carrot cubes, 25% peas medium fine, 25% cut green beans, IQF shock frozen

PROCESS DESCRIPTION:

Immediately after cropping the vegetables are cleaned thoroughly, cut, blanched, shock frozen, sorted and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	146kJ / 35kcal
Fats:	0,1 g
Saturated Fat:	0,0 g
Carbonhydrate:	6,5 g
Surgars:	4,3 g
Protein:	2,0 g
Salt:	75 mg
(Coming from Sodium)	September 11



4 WAY MIX W/ CAULIFLOWER

INGREDIENTS:

50% carrots, diced, 20% peas, 20% cut green beans, 10% Cauliflower, IQF shock frozen

PROCESS DESCRIPTION:

Immediately after cropping the vegetables are cleaned thoroughly, blanched, shock frozen, sorted and packed IQF in storage palletainers.

Energy:	136kJ / 32kcal
Fat:	0,1 g
Saturated Fat:	0,0 g
Carbonhydrate:	6,1 g
Surgars:	4,2 g
Protein:	1,8 g
Salt:	30 mg
(Coming from Sodium)	540-754007F03





PEAS/CARROT MIX

INGREDIENTS:

50% peas, 50% Diced carrots, IQF shock frozen

PROCESS DESCRIPTION:

Immediately after cropping the vegetables are cleaned thoroughly, blanched, shock frozen, sorted and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	183,0kj / 44,0kca
Fat:	0,2 g
Saturated fatty acids:	0,0 g
Carbonhydrate:	7,9 g
Sugar:	4,8 g
Protein:	2,8 g
Salt:	90 mg
(Coming from Sodium)	



SLICED CARROTS

INGREDIENTS:

100% sliced carrots, IQF shock frozen

CROPPING PERIOD:

July - August - September

PROCESS DESCRIPTION:

Immediately after cropping the carrots are cleaned thoroughly, steam pealed, cut, blanched, shock frozen and packed IQF in storage palettainers.

Energy:	119 kJ/ 28 kcal
Fats:	0,0 g
Saturated Fat:	0,0 g
Carbohydrate:	6,7 g
Sugar:	6,5 g
Protein:	0,4 g
Salt:	95 mg
(Coming from Sodium)	MATERIAL TO A STATE OF THE STAT





SWEET CORN

INGREDIENTS:

100% sweet corn, IQF shock frozen

CROPPING PERIOD:

Autumn

PROCESS DESCRIPTION:

Immediately after cropping the sweet corn kernels are cleaned thoroughly, sorted, checked for bad ones, sorted, washed, blanched, dehydrated, shock frozen, sorted and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	288 kJ/69 kcal
Fat:	1,4 gr
Saturated fatty acid:	0,4 gr
Carbohydrate:	11,6 gr
Sugar:	8,1 gr
Protein:	2,5 gr
Salt:	2,5 mg
(Coming from Sodium)	TO STORE STATES



WHOLE GREEN BEANS

INGREDIENTS:

100% whole green beans, IQF shock frozen

CROPPING PERIOD:

August - September - October

PROCESS DESCRIPTION:

Immediately after cropping the beans are cleaned thoroughly, the tops are removed, the beans are cut, blanched, shock frozen and packed IQF in storage palletainers.

Energy:	100 kJ / 24 kcal
Fats:	0,1 g
Saturated fat:	0,1 g
Carbohydrate:	3,7 g
Sugars:	1,0 g
Protein:	2,0 g
Salt: 2	7,5 mg
(Coming from Sodium)	WHG-SWATE





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THE BACKSIDE OF THE PACKAGE, ON TOMEX AND FACTO, CONTAINS COOKING INSTRUCTION AND STORAGE, ON OUR **VEGETABLE PRODUCTS, IN 23 LANGUAGES.**

PACKING TYPES:

FACTO FOOD TOMEX

20 x 400 g 20 x 350 g

10 x 1 kg 5 x 2 kg

4 x 2,5 kg

OTHER PACKING TYPES:

20 or 25 kg sack

Totes pallets

