



Bonduelle Gourmet Stir Fry With Grilled Vegetables 6 x 1 kg

Ingredients:

Grilled zucchini , sugar snap peas, pre-fried eggplant, grilled red peppers , sunflower oil

Format: 6 x 1 kg



Product specifications

Country of origin : France

Nutrient Claims :

- Source of vitamin C

Shelf life :

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

Case code SCC : 03083681070637

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 appliar used. For best results, pierce vegetables with fork to check desired texture. Do not refreeze thawed product. If thawed, cook immediately.

Nutrition Facts Valeur nutritive	
Per 1/2 cup (125mL) / par 1/2 tasse (125mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 25	
Fat / Lipides 1 g	2 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Potassium / Potassium 110 mg	3 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	20 %
Calcium / Calcium	0 %
Iron / Fer	2 %

Recommended cooking method :



Stir Fry
Wok, large skillet.

Cook vegetables for 5 to 7 minutes or until they have reached desired texture.