

ARDO SA 56 110 GOURIN	FICHE TECHNIQUE FROZEN VEGETABLE MEDLEY WITH HERBS SAUCE		Date : 23/07/2012
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COMPOSITION

Broccoli 23%, carrots 23%, cauliflower 23%, water, cream, skimmed milk powder, rice starch, vegetable oil, chives, parsley, salt, natural flavor, thickeners : guar gum, xanthan gum, natural flavor of nutmeg, natural flavor of pepper.

PROCESS

Preparation of the sauce

- Mixing and cooking of the ingredients.

Coating of the vegetables

- Loading of the freezing tumbler with vegetables
- Injection of the sauce and freezing
- Cold storage at -18°C

Packing:

- Manual inspection
- Weighing
- Filling and marking of the bags
- Metal detection
- Weights checking
- Filling and marking of the cardboard boxes
- Palettization
- Cold storage at -18°C

ORGANOLEPTIC CHARACTERISTICS

Odour: typical of mixed herbs

Texture: melting, slightly creamy

Taste: sweet, typical of herbs and vegetables

BACTERIOLOGICAL DATA

	Target	Tolerance
Escherichia coli	10/g	100/g
Listeria monocytogenes	Absence / 25 g	10 / g
Salmonelles	Absence dans 25 g	

SHELF LIFE

24 months

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NUTRITIONAL VALUES averages for 100 g

Energy value: 249 kJ; 60 kcal

Proteins: 2,1 g
Carbohydrates: 5.5 g
Of which sugars: 3.3 g
Fats: 2.8 g
Of which saturates: 1.1 g
Fibre: 2.0 g
Sodium: 0.24 g

STORAGE

Below -18°C

COOKING INSTRUCTIONS

Cook from frozen

- In a saucepan :

Place the vegetable mix into a saucepan with a small amount of water and cook over gentle heat for the following times:

For 250 g : 8 minutes
For 500 g : 12 minutes
For 750 g : 14 minutes.

- Microwave:

Place the vegetable mix into a microwave dish and cook for the following times*:

For 250 g : 6 minutes
For 500 g : 10 minutes
For 750 g : 15 minutes.

**Times given for a 850 Watts microwave*

DECLARATION OF NON-GMO

Hereby Ardo declares that none of our products, produced, packed, delivered and sold are genetically modified. None of the ingredients contain any genetically modified organism. No biotechnology or processing agents produced by means of gencechnology have been used during production. The product complies with the European non-GMO regulation (EG) nr. 1829/2003 and 1830/2003.

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DECLARATION OF NON-IONISATION

Hereby Ardo declares that neither the finished product, nor raw materials used have sudden ionizing treatment.

DECLARATION OF ALLERGENS

	Used as ingredient (yes / no)	Nature of the constituent
Cereals containing gluten and products thereof	No	
Crustaceans and products thereof	No	
Eggs and products thereof	No	
Fish and products thereof	No	
Peanuts and products thereof	No	
Soybeans and products thereof	No	
Milk and products thereof (including lactose)	Yes	Cream Skimmed milk powder
Nuts and products thereof	No	
Celery and products thereof	No	
Mustard and products thereof	No	
Sesame seeds and products thereof	No	
Sulphur dioxide and sulphites the maximum content > 10 ppm (mg/kg or mg/litre). expressed in SO ₂	No	