

White Toque

10605 - Fava Beans Peeled



White Toque fava beans are shelled, peeled and blanched before being IQF. They are ready to thaw and use in salads, puree for hummus and other cold applications or heat and serve in your favorite mediterranean dishes.



* Benefits

White Toque fava beans are a member of the broad bean family and grown in in the region surrounding the mediterranean Sea. They are shelled, peeled and blanched before being individually quick frozen. They are ready to thaw and use in salads, puree for hummus and other cold applications or heat and serve in your favorite mediterranean dishes. Saves time and labor allowing for quick prepration of your finished product.

Ingredients	▲ Allergens
Fava Beans	Free From: Continue Continue

Nutrition Facts

Servings per Container 100 100.0g (100g) Serving size

Amount per serving **Calories**

70

	ily Value*
Total Fat 5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	17%
Total Sugars 6g	
Includes 0g Added Sugar	0%
Protein 6g	_
Value in D. Oranga	00/
Vitamin D 0mcg	0%
Calcium 0mg	2%
Iron 10mg	10%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

Store in freezer below 0F (-18C). Use within 6 days refrigerated once thawed. Do not thaw and refreeze. Unopened bags can be stored for 24 months. UNIT UPC: 825414405025

Serving Suggestions

Thaw for use in cold salads, hummus and dips. sautee and blend with other vegetables for traditional Italian, Egyptian and portugeuse dishes. Popular vegetable item in most all Mediterranean countries.

Prep & Cooking Suggestions

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. May also be sauteed from frozen, thawed and used in salads or pureed for fava bean hummus and dips.

Product Specifications

Brand			Manufacturer			
White Toque			White Toque Inc			
LIDG	MEC "	SDS "	CTIN		D. 1 D	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
825414405025	40502	10605	00825414405025		10/2.2 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
23.15lb	22lb	Egypt	No	

Shipping Information							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	15.5in	10.3in	10in	0.92ft3	10x8	475days	-5°F / -2°F





White Toque

10605 - Fava Beans Peeled



White Toque fava beans are shelled, peeled and blanched before being IQF. They are ready to thaw and use in salads, puree for hummus and other cold applications or heat and serve in your favorite mediterranean dishes.

Nutrition Analysis - By Measure

Calories	70	Total Fat	5g	Sodium	50mg
Protein	6	Trans Fats	0g	Calcium	0mg
Total Carbohydrates···	12g	Saturated Fat	0g	Iron	10mg
Sugars	6g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	Additional Images		

