



Yupi

B102310 - Bonded Whole Okra Iqf

Whole Okra is individually quick frozen and is ready to be added to your favourite meals. They are a nutritious vegetable that can be included in a well balanced meal plan.



* Benefits

IQF Whole Okra

Ingredients

Okra

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container

Serving size

Amount per serving

Calories

	% Daily Value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugar	%
Protein	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

* 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

See label for suggestions

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

See label for suggestions

✎ Product Specifications

Brand			Manufacturer			
Yupi			Yupi Foods			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
	OKWH4054	B102310	00850059444054		1/20 LB	
Gross Weight		Net Weight	Country of Origin	Kosher	Child Nutrition	
20.9lb		20lb	China			
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.96in	9.65in	8.27in	0.69ft3	10x11	475days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories		Total Fat		Sodium	
Protein		Trans Fats		Calcium	
Total Carbohydrates...		Saturated Fat		Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(IU)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	



Additional Images

