

ARDO SA 56 110 GOURIN	FICHE TECHNIQUE FROZEN FORESTIERE MIX COOKED ARDO EXPRESS		Date : 10/08/2018
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COMPOSITION

Cut green beans (28% mini), broccoli florets (16% mini), diced red peppers (12% mini), diced onions (12% mini), yellow boletus (7% mini), sliced champignons de Paris (5% mini).

BACTERIOLOGICAL DATA

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

SHELF LIFE

24 months

NUTRITIONAL VALUES averages for 100 g

Energy value: 140 kJ; 33 kcal

Fats: 0.4 g

Of which saturates: 0.1 g

Carbohydrates: 4.1 g

Of which sugars: 2.7 g

Fibre: 2.5 g

Proteins: 2.1 g

Salt: 0.03 g

STORAGE

Below -18°C

COOKING INSTRUCTIONS

Cook from frozen

- In a pan: Melt the fat in a skillet. Pour sautéed forest and let heat for 10 minutes over medium heat.

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- In the microwave *: pour into a suitable timber fried dish with ¼ cup water. Cover and heat in firing position for the time indicated.

For 250 g: 5 minutes

For 500 g: 8 minutes

For 1 kg: 16 minutes

* Time listed for a furnace with electrical output of 900 watts.

- Steam Oven:

Pour sautéed forest (2.5 kg) in a gastronome. Bake in a hot oven for 8 minutes at 100 ° C steam function.

-In connection cold:

Pour the desired amount of forest fried in trays (or covered gourmet). Put a lid and store in positive cold the day before use. Heat oven without steam combined.

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 gentechonology have been used during production. The product complies with the European non-GMO regulation (EG) nr. 1829/2003 and 1830/2003.

DECLARATION OF NON-IONISATION

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

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DECLARATION OF ALLERGENS

	Used as ingredient (yes / no)	Nature of the constituent
Cereals containing gluten and products thereof	No	
Crustaceans and products thereof	No	
Molluscs 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)	No	
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 SO2	No	
Lupine and products thereof	No	