

Art.no.: UQG310V

version: 004

QUINOA VEGETABLE STIRFRY 10x1kg ARDO**DESCRIPTIVE NAME:**

Quinoa vegetable stirfry, quick-frozen

PRODUCT DESCRIPTION:

Tomatoes, curly kale, leek and soy beans with quinoa and brown rice, in a curry-ginger-seasoning, deep frozen.

The used ingredients and raw materials are in accordance with the valid Ardo Austria Frost-Specifications.

DECLARATION:

Vegetables 63% (tomatoes, curly kale, SOY BEANS, red onion, leek; in various proportions), quinoa precooked 17% (water, quinoa), brown rice, sunflower oil, water, seasoning (salt, maltodextrine, spices), sugar, curry spice mix (curcuma, cilantro, fenugreek, ginger, cumin, salt, corn starch, cayenne pepper), salt, spices

Ingredients	%	information
Tomatoes diced	23	
Quinoa precooked	17	water, quinoa
Curly kale	16	
Rice brown		
Soy beans	10	
Onion red	8	
Leek julienne	6	
Sunflower oil		
Water		
Seasoning		salt, maltodextrine, spices
Sugar		
Curry powder		curcuma, cilantro, fenugreek, ginger, cumin, salt, corn starch, cayenne pepper
Salt		
Spices		garlic powder, ginger ground

INSTRUCTIONS FOR USE:

Pan:

Heat 1-2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat 5- 7 min, stirring well.

Microwave 850 W:

Put the desired quantity of product in a microwaveable bowl, cover and cook 5-6 min, stirring well.

Art.no.: UQG310V

version: 004

QUINOA VEGETABLE STIRFRY 10x1kg ARDO**NUTRITIONAL VALUES:** (calculated values)

	per 100g	% RI* per 100g	RI*
Energy	470 kJ / 112 kcal	6 6	8400 2000
Fat	5,5 g	8	70
of which saturated fatty acids	0,6 g	3	20
Carbohydrates	11,6 g	4	260
of which sugar	2,2g	2	90
Dietary Fibres	1,8 g	-	-
Protein	3,2 g	6	50
Salt	0,78 g	13	6

*Reference intake of an average adult (8400 kJ / 2000 kcal)

ALLERGENS:

	yes	no	comment (source if "yes")
Cereals containing gluten (wheat, ..) and products of it		X	
Crustacean and products of it		X	
Egg and egg products		X	
Fish and fish products		X	
Peanuts and peanut products		X	
Soybean and soybean products	X		Soy beans
Milk and milk products (incl. Lactose)		X	
Nuts and nut products		X	
Sesame seed and sesame seed products		X	
Celery and celery products		X	
Mustard and mustard products		X	
Sulfite > 10 mg/kg		X	
Molluscs and products		X	
Lupine and products		X	

MICROBIOLOGICAL LIMITS:

	Target	Maximum	unity
Aerobic Plate Count	500.000	1.500.000	cfu/g
Enterobacteriaceae	1.000	10.000	cfu/g
E. coli	10	100	cfu/g
Yeasts and moulds	1.000	5.000	cfu/g
Listeria monocytogenes	10	100	cfu/g
Salmonella	neg./25g		

Art.no.: UQG310V

version: 004

QUINOA VEGETABLE STIRFRY 10x1kg ARDO**FOOD LEGISLATION:**

The product complies with the Austrian and EU food law and is safe according to the General Food Law reg. (EU) 178/2002 in the current version.

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.

PACKAGING:

Product packaging: bag à 1.000 g
Sales unit: 10 bags in a carton (=1 sales unit)

Netto weight: according to FPVO 1993 (TU1 = 985 g)
The average of one batch must not be lower than 1.000 g.

Coding of batch: coding 91LYDDD hh:mm
shelf life MM YYYY

TRANSPORT: -18°C or colder

STORAGE: -24°C or colder

SHELF LIFE: 18 months

Created by:
Product development

replaces
version:

Date	18.12.2018	003
Name	R. Nepf	
Reason for change	Potassium iodate removed, General Food Law added	