



Farro, IQF

Product Details:

Item Number: 618538
Pack Size: 12 / 2lb.
Serving Per Case: 192
Net Weight: 24 lbs.

Kosher: Yes
Meal Contribution:
Class: Always Available
Shelf Life: 18 months
Temperature Class: Frozen
Cook State: Fully Cooked
GTIN-12 UPC:
GTIN-14: 00810358033038

Sales Price Per: NA
Case Price: NA

Ingredients:

Cooked Farro (Farro, Water)

Allergen Statement:

Gluten/Wheat

Benefits and Suggested Use:

Farro is an ancient grain that offers a complete source of protein. Farro is a type of wheat and is brown in color and works well in bowls and side dishes. It has a good bite to it and can be used in a wide range of applications. Awesome as a healthier alternative to arborio rice to make risotto! Can be added to salads to add protein and texture. Fully cooked and ready to use without any additional heating or preparation required. This product is Non-GMO and All Natural!

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

| | |
|-------------------------------|------------|
| Serving Size | 2 oz. |
| Amount Per Serving | |
| Calories | 130 |
| % Daily Value * | |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 4g | 14% |
| Total Sugars 0g | |
| Incl. Added Sugars 0g | 0% |
| Protein 6g | - |
| Vitamin D 0mcg | 0% |
| Calcium 10mg | 0% |
| Iron 2mg | 10% |
| Potassium 143mg | 4% |

* The % Daily Value 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.

National Food Group

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Preparation and Additional Information:

Instructions for Preparation and Cooking:

The product is ready to eat. No cooking or heating is required.

If heating is desired product can be microwaved, steamed, or sautéed.

For the microwave: Poke a small hole in the bag and microwave for about 5-6 mins per bag. these times may vary based on the type and power of the microwave.

Boil in a bag/Steam in bag: Place bag in boiling water or steamer for 5-10 minutes (2 lbs)

Sautee: Preheat the pan and add a small amount of oil. Add product and cook until heated.

Logistics Information:

Gross Weight: 25 lbs

Case Dimensions: 16.14 X 12.20 X 7.48

Pallet Count: 56

Double Stack: No

Cube: 0.852

Block and Tier: 7 and 8

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

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