



VY/FR
090878 - Okra Cut Iqf
OKRA-CUT IQF



* Benefits

Ingredients

0

⚠ Allergens

Nutrition Facts

Servings per Container
Serving size 1/2CUP(83g) (0.5Cup(US))

Amount per serving
Calories 45

% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	20mg 0%
Total Carbohydrate	6g 2%
Dietary Fiber	%
Total Sugars	2g
Includes	Added Sugars %
Protein	1g
Vitamin D	%
Calcium	6%
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

Keep frozen until ready to use. Do not refreeze.

Serving Suggestions

For best results: Frozen vegetables should not be over cooked.

Prep & Cooking Suggestions

📄 Product Specifications

Brand		Manufacturer			Product Category		
VY/FR		Honor Foods - Div. of Burris Logistic			Vegetables, Other		
MFG #	SPC #		GTIN		Pack	Pack Desc.	
090880	090878		10813133010764		12	12 / 1 / 2.0 LBR	
Gross Weight		Net Weight		Country of Origin		Kosher	Child Nutrition
12.65lb		12lb		IND		No	No
Shipping Information							
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To	
13.1in	11.9in	6.5in	0.59ft3	10x5	365DAYS	-5°F / 15°F	



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Nutrition Analysis - By Serving

Calories	45kcal	Total Fat	0g	Sodium	20mg
Protein	1	Trans Fats	0g	Calcium	
Total Carbohydrates...	6g	Saturated Fat	0g	Iron	
Sugars	2g	Added Sugars		Potassium	
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
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

