



Farro, IQF

Product Details:

Item Number: 618538  
Pack Size: 12 / 2lb.  
Serving Per Case: 80  
Net Weight: 24 lbs.  
Sales Price Per LB: N/A  
Case Price: N/A  
Kosher: Yes  
Meal Contribution: 2 GRN  
Class: Always Available  
Shelf Life: 18 months  
Temperature Class: Frozen  
Cook State: Fully Cooked  
GTIN-12 UPC:  
GTIN-14: 00810358033038

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	4.77 oz. (1 c)
Amount Per Serving	
Calories	170
	% Daily Value *
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0.2%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	18%
Total Sugars 0g	
Incl. Added Sugars 0g	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 12mg	0.9%
Iron 2mg	10%
Potassium 181mg	2%

\* 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.

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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.

#### National Food Group

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