



TOPPITS[®]

**Grilled Italian
Vegetables**





GRILLED ITALIAN VEGETABLES

All Natural • Free of Sodium • Already Sliced and Grilled

You'll immediately smell the char-grilled flavour when you open any bag of Toppits Grilled Italian Vegetables. Harvested in the fields of Italy, and grilled shortly thereafter, these delicious vegetables are sliced for convenience. All natural, these grilled Italian vegetables are free of fat, saturated fatty acids, cholesterol and sodium. Enjoy as a side dish, or add to any pasta, stir-fry or pizza!

Features and Benefits

- Pre-sliced means no skilled labour required.
- All natural, these grilled Italian vegetables are free of fat, saturated fatty acids, cholesterol and sodium.
- Can be used in many healthy applications.
- Little to no moisture when thawed; simply use required amount and keep the rest frozen resulting in no product waste.

Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 40	% Daily Value* % valeur quotidienne**
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 6 g	20 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 175 mg	4 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Eggplant

Nutrition Facts Valeur nutritive	
Per 1 cup (100 g) pour 1 tasse (100 g)	
Calories 30	% Daily Value* % valeur quotidienne**
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 5 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 250 mg	5 %
Calcium 50 mg	4 %
Iron / Fer 0.75 mg	4 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Zucchini

Nutrition Facts Valeur nutritive	
Per 1 cup (100 g) pour 1 tasse (100 g)	
Calories 25	% Daily Value* % valeur quotidienne**
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 200 mg	4 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %
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Red/Yellow Peppers

Cooking Instructions

Note: Keep frozen until use



Defrosting

To defrost, simply place vegetables on plate and leave in refrigerator until soft. Once thawed, vegetables can be cut to size if desired. If vegetables are going to be used in a hot dish (pasta, stir-fry, baked item, etc.), simply add to dish from frozen, and slices will thaw while dish cooks.

Item	Description	Brand	Origin	Pack	SCC
RGASSTT3	Assorted Sliced Grilled Vegetables IQF (Eggplant, Zucchini, Red and Yellow Pepper)	Toppits	Italy	3 x 1 kg	00068689105690





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