

100080

Ardo Whole Corn Cobs

Whole Corn Cobs 24x

PRODUCT DESCRIPTION

Prepared from fresh, sound immature cobs of the species Zea Mays. They should be frozen by an appropriate freezing process which ensures stability of colour and flavour. The product temperature should be not warmer than 18oC. The quick frozen corn on the cobs should be practically free from defects, possess a very good colour and flavour, with the kernels at the milk stage of maturity. Cob length 130 mm +/- 2mm Cob diameter 49-52 mm The grade of a lot will be determined on individual samples each consisting of 6 cobs randomly taken from the lot in accordance with approved sampling plans. All the cobs shall be used to assess all the defects after the sample has been thawed.

Brand	Ardo UK
Manufacturer Product Code	011211
Product Type	Food
Product Category	Vegetable
Storage Type	Frozen
Erudus ID	3d10c79111b74f309c4cde1c18b4ba18
Specification Type	Legacy



Inner Component GTIN	5411361211106
Outer Case GTIN	05411361003183



INGREDIENTS

Ingredient Declaration

Corn Cob (100%)

ALLERGENS

Product Contains:

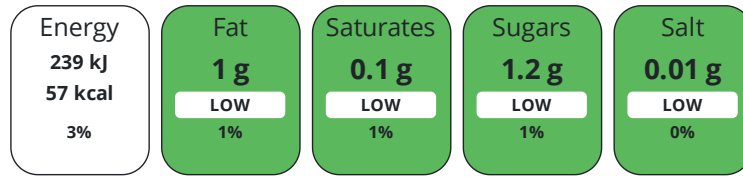
Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Gluten content <20ppm	Yes	Macadamia (Queensland) nuts	No
Crustacea	No	Pecan nuts	No
Eggs	No	Pistachio nuts	No
Fish	No	Walnuts	No
Lupin	No	Peanuts	No
Milk	No	Sesame Seeds	No
Molluscs	No	Soybeans	No
		Sulphur Dioxide and Sulphites	No

DIET
SUITABILITY

Suitable for Coeliacs	Yes	Halal Diet	No
Kosher Diet	No	Vegetarian Diet	Suitable for
Vegan Diet	Suitable for		

NUTRITIONAL
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 57kcal / 239kj

Nutrient	per 100g/ml	RI per 100g/ml	per 200g/ml serving	RI per 200g/ml serving
Energy (kJ)	239 kJ	3%	478 kJ	6%
Energy (kcal)	57 kcal	3%	114 kcal	6%
Fat	1 g	1%	2 g	3%
of which Saturates	0.1 g	1%	0.2 g	1%
of which Mono-unsaturates	0.3 g		0.6 g	
of which Polyunsaturates	0.4 g		0.8 g	
Carbohydrate	9.9 g	4%	19.8 g	8%
of which Sugars	1.2 g	1%	2.4 g	3%
of which Polyols	0 g		-	
of which Starch	8.5 g		17 g	
Fibre	0.9 g		1.8 g	
Protein	2 g	4%	4 g	8%
Salt	0.01 g	0%	-	
Sodium	0 mg		-	

Serving Size 200 g

HANDLING &
STORAGE
INFORMATION

Directions For Use

COOKING METHODS Boiling: 2 frozen corncobs, taken from the 6-cob sample, shall be added to sufficient boiling water to cover them. When the water has returned to the boil the corncobs shall be simmered for 10 minutes. When cooked, the cobs shall be drained then placed in a suitable container for the assessment of colour, flavour and texture. Microwave: Place 2 frozen corncobs in a non-metallic dish, add 2-3 x 15ml (2-3 tbsp) water, cover and microwave on full power according to the table below:
Microwave Cook on full power Stir Cook on full power 650W or Category B 5 minutes Remove cover and turn, re-cover 5 minutes 750W or Category B 4 ½ minutes Remove cover and turn, re-cover 4 ½ minutes 850W or Category E 4 ½ minutes Remove cover and turn, re-cover 4 minutes For microwaves of different wattage and different sample sizes, cooking times shall be adjusted accordingly.

Storage Instructions

Keep frozen store at -18°C or below

ORIGIN

Product Country of Origin/Place of Other

Provenance

Additional Origin Details

France or Spain

CONTACT
INFORMATION

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