

# SPINACH CROQUETTE



## NUTRITION FACTS

Average Value / 100g (3-4 croquettes)

Energetic values	Fats	Saturated fats	Carbohydrates	Sugar	Proteins	Salt
117,9Kcal	3,5g	0,6g	17,1g	1,5g	3,5g	0,3g
5,85%	5%	3%	6,58%	1,66%	7%	5%

The percentages are relative to the Daily Guideline Amount (GDA) for an adult.



SPINACH



CHARD



SPRING GARLIC



POTATOE





#### PACKAGING SAMPLE



#### PRODUCT DESCRIPTION

Frozen Spinach croquettes.  
Launched under our commercial brand "Camós".

#### INGREDIENTS

Potatoe, spinach (20%), chards, spring garlic, salt, food additive and bread coating gluten free (starch (pea), protein and vegetal fibers (pea), salt, aroma).

#### ORGANOLEPTIC CHARACTERISTICS

AVERAGE VALUE / 100g	
Ash	3,1 g / 100g
Humidity	70,7 g / 100g

Spinach croquettes are made using the mixture obtained after combining the ingredients previously described and rolling them into a cylindrical shape. The average croquette weights 30g.

When fried in the right conditions, croquettes practically do not absorb any oil and have a crunchy exterior that holds a soft, tasty dough flavoured by the chards and the spring garlic used in their preparation. Once fried, croquettes have a golden-brown colour.

#### NUTRITION FACTS

NUTRITION FACTS Average Value / 100g	
Energetic Values	491.9 KJ (117.9 Kcal)
Proteins	3.5 g
Carbohydrates	17.1 g
Fats	3.5 g

#### MICROBIOLOGICAL PARAMETERS

n= 5, número de unidades que componen la muestra	
Salmonella	Ausencia/ 25g
Listeria monocytogenes	Ausencia/ 25g

#### TREATMENT

Plato precocinado congelado en túnel de congelación continua a -36° C.

#### PACKING AND STORING

The croquettes are packed and stored at a temperature between -18°C ± 3°C.

#### LOT AND SHELF LIFE

The lot number corresponds to the date of manufacture and is represented by six digits : YYMMDD  
The use by date is 18 months from the date of manufacture and is also represented with six digits : DDMMYY

#### LABEL

The aforementioned items under Regulation (EU) 1169/2011 are as follows:  
-Food name  
-Ingredients  
-Net weight  
-Conservation and instructions  
-Lot  
-EAN 13  
-Factory data.  
-Best before date

#### INSTRUCTIONS

Fry, without thawing the croquettes, in hot oil (180° C) for 4-5 min. if using a fryer or 8 - 9 min. if using a frying-pan. You can also bake them.

#### TARGET AND DISTRIBUTION

For all types of consumers who are not allergic or intolerant to any of the listened ingredients.  
Wholesalers, superstores, supermarkets, etc.

#### PACKING AND SHIPPING

Automatic packaging and sealed in plastic bags for food use , grouped in corrugated cardboard boxes and palletized and shrink-wrapped in European pallet. They are available in two different formats:

FORMAT	BAGS	BOX	PALLET (EUROPEAN)
FAMILIAR 18 x 300 gr	Net Weight: 300 gr Gross Weight: 304 gr Net Weight 220x195x30mm	Units: 18 bolsas Net Weight: 5.400 gr Gross Weight: 5.475 gr Net Weight: 395x295x190 mm	Units: 117 cajas Net Weight: 632 kg Gross Weight: 641 kg Net Weight: 80x120x210 cm
COMMUNITIES 6 x 1 kg	Net Weight: 1000 gr Gross Weight: 1012 gr Net Weight 220x300x50mm	Units: 6 bolsas Net Weight: 6.000 gr Gross Weight: 6.075 gr Net Weight: 395x295x190 mm	Units: 117 cajas Net Weight: 702 kg Gross Weight: 711 kg Net Weight: 80x120x210 cm

#### ALLERGENS AND GMO

This product is gluten free (<10 ppm of gluten).

FORMAT	PRESENCE	ABSENCE
Gluten (wheat, rye, barley, oats, spelt, kamut or their hybrid strains)		X
Shellfish and crustaceans based products		X
Eggs and egg-based products		X
Fish and fish-based products		X
Peanuts and peanut-based products		X
Soybeans and soy products		X
Milk and derived products (lactose)		X
Nuts: almonds, hazelnuts, cashews, walnuts, pecans, Brazilian Nuts, pistachios, macadamia nuts, Australia walnuts and derived products		X
Celery and derived products		X
Mustard and derived products		X
Sesame seeds and products made from		X
Sulfur dioxide and sulphites in concentrations higher (SO2) to 10 mg / Kg or 10 mg / liter in the final product		X
Lupine and lupine-based products		X
Mollusks and products of mollusks (cuttlefish, mussels, clams, oysters...)		X
GMO (genetically modified organism)		X