



Fieldco

GROWING GOODNESS SINCE 1976

RED KUMARA
PORTIONS



RED KUMARA PORTIONS

Small red kumara portions, a convenient option for a roast meal or an addition to pies, breads or mash. They range in size roughly from 25 – 75g, heat-treated, before being free-flow frozen.

- ✔ Naturally Gluten Free
- ✔ Convenient
- ✔ Reduce your food waste

100% LOCAL
New Zealand Grown and packed

Meal suggestions

- Conveniently peeled, ready to add to winter stews and casseroles.
- Use in fresh breads and doughs for a New Zealand twist.
- A perfect addition to a classic roast.

Cooking Tip:

Try steamcooking your kumara portions until soft, then deepfry for 2 minutes until crunchy and slightly golden on the outside.



Product description

Gourmet Red Kumara Portions

25 - 75g blanched, peeled kumara portions

Pack size

2kg bag, 10kg carton

Units per Carton

5x2kg bags

10kg bag p/carton

Barcode Number

2kg: 9421905763547

10kg: 9421905763035

Ingredients

Kumara, antioxidant (223, sulphites)

Contains Sulphites.

Storage

Store frozen at or below -18°C.
Cook from frozen.

Product of New Zealand.

Nutritional Information

Servings per pack: 100
Serving size: 100g

Average Quantity	per serving	per 100g
Energy	363kJ	363kJ
Protein	1.25g	1.25g
Fat	0.21g	0.21g
- saturated	0.06g	0.06g
Carbohydrate	18.8g	18.8g
- sugars	5.2g	5.2g
Sodium	28mg	28mg