

Fieldco

GROWING GOODNESS SINCE 1976

RED KUMARA
YUMMO'S





YUMMO'S

These bite-sized kumara portions make for a convenient and tasty side dish or kumara salad. They range roughly in size from 6 – 25g, partially steam-cooked to retain all the good nutrients that a kumara contains, before being free-flow frozen.

Meal suggestions

- Toss in a salad with bacon, avocado and roasted red onions.
- Breakfast hash with poached eggs.
- A quick appetizer or entree served with dipping sauces.
- Great on pizzas.



- ✓ Minimally processed
- ✓ Gluten Free
- ✓ Perfect salad size

100% LOCAL
Grown and packed in New Zealand

Product description	Kumara Yummo's baby kumara portions		
Pack size	2kg bag, 5kg bag		
Units per Carton	5x2kg p/carton		
	2x5kg p/carton		
Barcode Number	2kg: 9421905763264		
	5kg: 9421905763042		
Ingredients	Nutritional Information		
Kumara, antioxidant (223, sulphites)	Servings per pack: 50 Serving size: 100g		
Contains sulphites.	Average Quantity	per serving	per 100g
Storage	Energy	363kJ	363kJ
Store frozen at or below -18°C.	Protein	1.25g	1.25g
	Fat	0.21g	0.21g
	- saturated	0.057g	0.057g
	Carbohydrate	18.8g	18.8g
	- sugars	5.2g	5.2g
Product of New Zealand.	Sodium	27mg	27mg