



Grilled Italian Vegetables

All Natural

Free of Sodium

Already Sliced and Grilled

Grilled Italian Vegetables

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, stirfry or pizza!



Features & 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

Defrosting Instructions

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.

Eggplant

Nutrition Facts		Valeur nutritive	
Serving Size about 1/2 cup (130 g) pour environ 1/2 tasse (130 g)			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 35			
Fat / Lipides 0 g	0 %		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0 %		
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 3 mg	0 %		
Carbohydrate / Glucides 8 g			
Fibre / Fibres 4 g	16 %		
Sugars / Sucres 3 g			
Protein / Protéines 1 g			
Vitamin A / Vitamine A	0 %		
Vitamin C / Vitamine C	6 %		
Calcium / Calcium	0 %		
Iron / Fer	2 %		

Zucchini

Nutrition Facts		Valeur nutritive	
Serving Size about 1/2 cup (130 g) pour environ 1/2 tasse (130 g)			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 25			
Fat / Lipides 0 g	0 %		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0 %		
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 3 mg	0 %		
Carbohydrate / Glucides 5 g			
Fibre / Fibres 1 g	4 %		
Sugars / Sucres 3 g			
Protein / Protéines 1 g			
Vitamin A / Vitamine A	2 %		
Vitamin C / Vitamine C	10 %		
Calcium / Calcium	2 %		
Iron / Fer	6 %		

Red/Yellow Pepper

Nutrition Facts		Valeur nutritive	
Serving Size about 1/2 cup (120 g) pour environ 1/2 tasse (120 g)			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 30			
Fat / Lipides 0 g	0 %		
Saturated / saturés 0 g			
+ Trans / trans 0 g	0 %		
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 2 mg	0 %		
Carbohydrate / Glucides 7 g			
Fibre / Fibres 1 g	4 %		
Sugars / Sucres 2 g			
Protein / Protéines 1 g			
Vitamin A / Vitamine A	10 %		
Vitamin C / Vitamine C	370 %		
Calcium / Calcium	0 %		
Iron / Fer	2 %		

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