

Grofresh Vegetables offer the classic flavors and consistent blends that customers love. Perfect on the side or in signature recipes. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste.

- Sweet flavor and bright color for fresh plate appeal
- Uniform sizing for even cooking
- Consistent year-round quality and pricing
- 100% useable, no trim, loss or waste



baby carrot is a carrot harvested before reaching maturity and sold at that smaller size. A **baby-cut carrot** is a small piece cut from a larger carrot; baby-cut carrots are often marketed as "baby carrots",



Nutrition

Serving Size	3 ounces (85g)
Amount/Serving	
Calories	30
Daily Value	
Total Fat 0g	0
Saturated Fat 0g	0
Trans Fat 0g	0
Cholesterol 0mg	0
Sodium 65mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	9%
Total Sugars 4g	
Includes 0g Added Sugars	0
Protein <1g	
Vitamin A 590mcg	70%
Calcium 30mg	2%
Iron 0.8mg	4%
Vitamin D 0mcg	0
Potassium 200mg	4%

**PEELED 100%
USABLE BABY
CARROTS**



GREEN ONIONS

- High in Vitamin C, Grofresh green onions add variety and flavor to every produce department.

Green onions are used in salads, soups, baking and in meat dishes. They are characterized by their rich content of thiosulfinates, sulfides, sulfoxides and other odoriferous sulfur compounds



SIZES:

1.Dices Size:

diam:10-13mm,length:3-5mm,4-6mm
diam:8-12mm,length:3-5mm,4-6mm
diam:6-13mm,length:3-5mm,4-6mm

2.Slices Size:

diam:max.11mm
length:10mm

3.Cuts Size:

diam:max.11mm
length:40-50mm

IQF-FROZEN CELERY

Sliced (1/4", 3/8", 1/2", 3/4", 1") or diced (1/4", 3/8", 1/2") with a predominance of the size being prepared.

Prepared from clean, sound, succulent, and edible fresh stalks of the celery plant (*Apium graveolens*), is trimmed, properly prepared, processed, blanched, frozen, and stored at temperatures necessary for preservation, according to cGMP and government regulations.





Broccoli

- IQF Broccoli Floretitos ½ in to 1 in
- IQF Broccoli Florets ¾ in to 1 ½ in
- IQF Broccoli Florets 1 in to 2 in
- IQF Broccoli Florets 1 ¾ in to 2 ½ in
- IQF Broccoli Florets ¾ in to 1 ½ in (20 lbs)
- IQF Chopped Broccoli ½ in
- Fourth Street IQF Broccoli Florets 8 oz (30 lbs)
- IQF Broccoli Floret ½ in to 1 in 2 lb (24 lbs)
- IQF Broccoli Florets 1 ¾ in to 2 ½ in



IQF BROCCOLI FLORETS



IQF CAULIFLOWER FLORETS



Cauliflower

- IQF Cauliflower Nuggets 5/8 in to 7/8 in
- IQF Cauliflower Florets 1 in – 2 in (25 lbs)
- IQF Cauliflower Florets 3/4 in – 1 1/4 in (25 lbs and 20 lbs)

