

Jumbo Kohlrabi



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Kohlrabi is one of the few vegetables that is equally appealing raw or cooked, and is a perfect compliment to a diverse set of cuisines. Mann's Jumbo Kohlrabi opens up possibilities for menu applications that are not currently possible with smaller varieties.

FEATURES & BENEFITS

- Trimmed and field packed, fresh
- Unique variety allows us to grow a larger size while maintaining optimal flavor and texture
- 1.5 to 2 lbs per head—up to 6 inch diameter
- Incredible yield after peeling, resulting in a very affordable food cost
- Size allows for wide variety of cuts for chefs



Kohlrabi featured in different cuts

YIELD & APPLICATION

- Averages estimated 80% yield
- Great for health care, college & university vegetarians and in family style restaurants
- Allows chefs a creative canvas for fine dining
- Product can be used both hot or cold
- Prepare fresh: shaved, diced, shredded or sticks
- Or cook: blanch, sauté, roast, gratin, or use in soups or mashed

Nutrition Facts

servings per container	
Serving Size	(85g)
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 298mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

ITEM	PACK SIZE	MANN'S CODE NO.	CARTON SIZE (L x W x H)	CARTONS PALLET	TIE/ HIGH	CUBE	NET WT.
Jumbo Kohlrabi	12 count	00137	19.875 x 13.125 x 8.063	70	7/10	1.2171	sold by count

HANDLING INFORMATION

- Refrigerate upon delivery
- Store at 34° F
- Keep dry
- Rotate first in, first out
- Shelf life 16 days

FOODSERVICE RECIPES AVAILABLE

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