



HARBAR FROZEN

014980 - Tortilla 11" Gluten Free Quinoa

Kosher, Vegan, NonGMO



* Benefits

Nutrition Facts

Servings per Container **8**
Serving size **Tortilla (73g)**

Amount per serving
Calories 220

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 43g	16%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.6mg	3%
Potassium 170mg	4%

* The % Daily Value (DV) 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.

Ingredients

Tapioca Starch, Water, Quinoa Flour, Potato Starch, Sunflower Oil, Chickpea Flour, Guar Fiber, Contains 2% or less of the following: Rapeseed Lecithin, Sodium Bicarbonate, Cellulose Gum, Salt, Sodium Acid Pyrophosphate, Citric Acid, Cultured Corn Syrup Solids, Cornstarch, Gluten-Free Oat Fiber, Xanthan Gum, Monocalcium Phosphate, Potassium Chloride, Magnesium Carbonate, Natural Flavor.

Allergens

Free From:



Handling Suggestions

Product should be stored at frozen temperatures (<32F) until it is used. Best Performance at Room Temperature
IF the Product is FROZEN: Remove bagged product from the case and let to defrost in a refrigerator until fully thawed (overnight: approximately 12 hrs). Fluff to separate and use the product accordingly.
IF REFRIGERATED: Remove bagged product from case and let to stand at room temperature 1-3h. After reaching room temperature, fluff and individually separate each tortilla.

Serving Suggestions

Quesadillas, Wrap Sandwich, Tacos

Prep & Cooking Suggestions

Best to warm slightly before use

Product Specifications

Brand	Manufacturer	Product Category
HARBAR FROZEN	Harbar LLC	Bread, Baked & Parbaked

MFG #	SPC #	GTIN	Pack	Pack Desc.
76270077	014980	10035305001565	8	8 / 8.0 EA

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
11.1lb	10.3lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13in	13in	6in	0.59ft3	9x9	210DAYS	0°F / 18°F



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Nutrition Analysis - By Serving

Calories	220	Total Fat	4.5g	Sodium	460mg
Protein	2	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	43g	Saturated Fat	0.5g	Iron	0.6mg
Sugars	0g	Added Sugars	0g	Potassium	170mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

