

Arctic
Gardens[®]

KALEBANZO BLEND

Offer your customers a nutritious and flavorful product.



KALEBANZO BLEND IS A TRENDY AND HEALTHY CHOICE



ARCTIC GARDENS
Kalebanzo Blend
27884
4 x 2 kg

With kale, julienne carrots, and green garbanzo beans, Arctic Gardens's Kalebanzo Blend is a trendy and healthy choice!

Extremely rich in vitamin A and a source of fibre, iron, and vitamin C, the blend is ideal as a side dish or in soups, salads, and pastas.

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (85 g) pour 1/2 tasse (85 g)	
Calories 45	% Daily Value*
Fat / Lipides 1 g	% valeur quotidienne*
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 9 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 30 mg	1 %
Potassium 225 mg	5 %
Calcium 50 mg	4 %
Iron / Fer 1 mg	6 %
*5 % or less is a little, 15 % or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	



RECIPE



GRILLED CHICKEN KALEBANZO SALAD



Preparation time: **20 minutes**
Cooking time: **15 minutes**



Servings: 40

INGREDIENTS

MARINADE

- 1.6 kg** (9 cups) pieces deboned chicken in large cubes (about 40 g per serving)
- 45 ml** (3 tbsp) store-bought poultry spice mix
- 45 ml** (3 tbsp) brown sugar
- 22 ml** (1 ½ tbsp) fresh cilantro, chopped
- 15 ml** (1 tbsp) ginger, chopped
- 22 ml** (1 tbsp) garlic, chopped
- 250 ml** (1 cup) store-bought ketchup
- 25 ml** (½ cup) white vinegar
- 7 ml** (½ tbsp) chili flakes (optional)

SALAD

- 4 bags** (8 kg) Arctic Gardens Kalebanzo Blend
- 125 ml** (½ cup) olive oil
- 125 ml** (½ cup) canola oil
- 30 ml** (2 tbsp) fresh cilantro, chopped
- 100 ml** (7 tbsp) lemon juice
- 5 ml** (1 tsp) sea salt
- 2 ml** (¼ tsp) ground black pepper

DIRECTIONS

1. Mix together the marinade ingredients, add chicken and marinate for 3 hours.
2. Bring salted water to a boil. Add the bags of Kalebanzo Blend and cook for 5 minutes.
3. Drain the vegetables and let cool.
4. Mix the oils with fresh cilantro, lemon juice, salt and pepper. Pour onto the Kalebanzo Blend and set aside.
5. Preheat the grill to medium-high. Grill chicken pieces until fully cooked.
6. Serve 200 g per serving of the salad and top with 40 g of chicken pieces.
7. Serve with a wedge of lemon and cilantro leaves, if desired.

Valeur nutritive Nutrition Facts

Pour (100 g)
Per (100 g)

Calories 90	% valeur quotidienne *
	% Daily Value *
Lipides / Fat 3.5 g	5 %
saturés / Saturated 0.4 g	2 %
+ trans / + Trans 0 g	
Glucides / Carbohydate 10 g	
Fibres / Fibre 3 g	11 %
Sucres / Sugars 4 g	4 %
Protéines / Protein 6 g	
Cholestérol / Cholesterol 10 mg	
Sodium 180 mg	8 %
Potassium 250 mg	5 %
Calcium 50 mg	4 %
Fer / Iron 1 mg	6 %

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup
* 5% or less is a little, 15% or more is a lot

RECIPE



THAI CHICKEN AND KALEBANZO VEGETABLE SOUP



Preparation time: **20 minutes**
Cooking time: **30 minutes**



Servings: 40

INGREDIENTS

10 L (40 cups)	chicken stock
2 bags (4 kg)	Arctic Gardens Kalebanzo Blend
1.5 kg (10 cups)	cooked chicken, cut in small cubes (about 40 g per serving)
45 ml (3 tbsp)	garlic, chopped
75 ml (5 tbsp)	ginger, chopped
625 ml (2 ½ cups)	onion, chopped
125 ml (½ cup)	Nuoc mam sauce (fish sauce)
10 ml (2 tsp)	Sambal Oelek (chili paste)
900 g (2 bags)	rice vermicelli
60 ml (4 tbsp)	fresh cilantro, chopped

DIRECTIONS

1. Soak the rice vermicelli in hot water for 20 minutes.
2. Bring chicken stock to a boil.
3. Add chicken cubes, garlic and onions. Simmer gently for 15 minutes.
4. Add Kalebanzo Blend and simmer for 10 minutes.
5. Add Nuoc mam sauce, Sambal Oelek and drained rice vermicelli.
6. Pour 500 ml (2 cups) of soup per serving. Serve with soya sauce to taste.

Valeur nutritive Nutrition Facts

Pour (100 g)
Per (100 g)

Calories 70	% valeur quotidienne *
	% Daily Value *
Lipides / Fat 2 g	3 %
saturés / Saturated 0.5 g	3 %
+ trans / + Trans 0 g	
Glucides / Carbohydate 10 g	
Fibres / Fibre 1 g	4 %
Sucres / Sugars 2 g	2 %
Protéines / Protein 4 g	
Cholestérol / Cholesterol 5 mg	
Sodium 170 mg	7 %
Potassium 200 mg	4 %
Calcium 30 mg	2 %
Fer / Iron 0.75 mg	4 %

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup
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