



KONTOS FOODS INC.
PO Box 628, Paterson, NJ 07544
Tel. 973.278.2800 | info@kontos.com

Dolmades 6/2kg

Product code: 70005

Our dolmades are traditionally cooked using delicate grape leaves filled with a savory rice stuffing. Perfect for a flavorful appetizer or served with salads or for a tasty snack.

Ingredients

Rice (20%), Vine Leaves (10%), Onions, Soya Oil, Salt, Dill, Mint, Black Pepper, Acidity Regulator, Citric Acid.



Pack: Foodservice	Pack Weight: 4 lbs. 3.75 oz. (2kg)	Case Pack: 6/1
UPC code: 0-32394-70005-1	Net Weight: 26.25 lbs.	Portion Size: 3.5 pcs. (110g)
Portion/Case: 108 (360 Total Pieces)	Ship Weight: 31 lbs	Length: 18.50
Width: 12.00	Height: 5.00	Case Cube: 0.64
Storage Temp: Ambient (75°F or below)	Shelf Life Ambient: Two Years	Shelf Life Refrigerated: ----
Shelf Life Frozen: Not Recommended	Case Coding: Best Before Date	Pallet Tie: 7
Pallet Height: 12	Pallet Case per: 84	Kosher Certificate: Yes
Halal Certificate: No	Ingredients: Rice (20%), Vine Leaves (10%), Onions, Soya Oil, Salt, Dill, Mint, Black Pepper, Acidity Regulator, Citric Acid.	

Nutrition Facts	
Serving Size 3.5 pcs. (110g)	
Servings Per Container 18	
Amount Per Serving	
Calories 160	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12.31%
Saturated Fat 1.3g	6.5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 726mg	30.25%
Total Carbohydrate 20g	6.67%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 2g	4%
Vitamin A	9%
Vitamin C	8%
Calcium	7%
Iron	14%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	