

Arctic
Gardens®

KALEBANZO BLEND

Offer your customers a nutritious and flavourful product



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!

Source of fibre, iron, and vitamins A and C, this 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)

	% Daily Value*	% valeur quotidienne*
Calories 45		
Fat / Lipides 1 g	1 %	
Saturated / saturés 0 g		
+ 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

Ingredients

Chopped kale, orange julienne carrots, yellow julienne carrots, green garbanzo beans



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RECIPE



GRILLED CHICKEN KALEBANZO SALAD



Preparation time: 20 minutes
Cooking time: 15 minutes



Portions: 40

Ingredients

Marinade

1.6 kg (9 cups)

45 ml (3 tbsp)

45 ml (3 tbsp)

22 ml (1 ½ tbsp)

15 ml (1 tbsp)

22 ml (1 tbsp)

250 ml (1 cup)

25 ml (½ cup)

7 ml (½ tbsp)

Salad

4 bags (8 kg)

125 ml (½ cup)

125 ml (½ cup)

30 ml (2 tbsp)

100 ml (7 tbsp)

5 ml (1 tsp)

2 ml (¼ tsp)

Pieces deboned chicken in large

cubes (about 40 g per serving)

Store-bought poultry spice mix

Brown sugar

Fresh cilantro, chopped

Ginger, chopped

Garlic, chopped

Store-bought ketchup

White vinegar

Chili flakes (optional)

Arctic Gardens

Kalebanzo Blend

Olive oil

Canola oil

Fresh cilantro, chopped

Lemon juice

Sea salt

Ground black pepper

Preparation

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 / Carbohydrate 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



HEARTY BARLEY AND VEGETABLE SOUP



Preparation time: 15 minutes
Cooking time: 25 minutes



Portions: 80

Ingredients

½ cup (125 mL)	Olive oil
10 cups (1.1 kg)	Arctic Gardens Mirepoix blend
25	Garlic cloves, chopped
½ cup (125 mL)	Fresh rosemary, finely chopped
2 tbsp (60 mL)	Fresh thyme
1 tsp (5 mL)	Chili flakes (optional)
20 cups (2.5 kg)	Arctic Gardens Ancient Grains blend
18 cups (3 kg)	Arctic Gardens Kalebanzo blend
50 cups (12.5 L)	Reduced sodium vegetable broth*
2 large pieces	Parmesan rind (optional)
To taste	Salt and pepper

Directions

1. In a large pot, heat the oil, add the mirepoix and cook for 4-5 minutes until the onions soften.
2. Add garlic, rosemary, thyme and chili flakes (optional), cook for 1 minute, stirring constantly.
3. Add the barley, spelt and bean mixture, the kalebanzo mixture, then the stock and Parmesan rind (optional). Bring to a boil, then reduce heat to low and simmer for 30 minutes.
4. Adjust seasoning to taste before serving.

* The amount of broth can be adjusted to achieve the desired consistency.

Nutrition Facts	
Valeur nutritive	
Per 3.5 oz (100 g)	
Pour (100 g)	
Calories 35	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	
+ Trans / + trans 0 g	0 %
Carbohydrate / Glucides 6 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 25 mg	1 %
Potassium 100 mg	3 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	