



**FILL WEIGHTS/SIZES:**

CASE PACK:	12/12 OZ.
PORTIONS/UNIT:	12 PCS
NET WEIGHT PER CASE:	9.0 LBS.
GROSS WEIGHT PER CASE:	11.0 LBS.

**MASTER CARTON/PALLET DIMENSIONS:**

CASE DIMENSIONS:	14.5 x 10.3 x 7
CASE CUBE:	0.61
PALLET TIER & HEIGHT (TIxHI):	11X10
PALLET CUBE:	67.1 CU. FT.

**MANUFACTURER UPC:**

892817001079

# LAMB SOUVLAKI SEASONED SKEWERS

Aristo's Fine Greek Foods™ is easy to prepare and provides high quality cuisine ideal for any occasion. Souvlaki (Seasoned Skewers), is available in succulent lamb, chicken, or pork marinated in our signature blend of herbs and spices infusing every bite with authentic, bold flavor. Aristo's Fine Greek Foods™ Souvlaki is a delicious combination of simplicity and sophistication, served either as an entrée or accompanied by a variety of other Aristo's Fine Greek Foods™ appetizers.

- Great served as an entrée with a variety of pastas, salads, or alone as a snack
- Individually quick frozen
- No additives or preservatives
- Zero trans fat\*

\*Note, lamb contains trace amounts of naturally occurring trans fats

**COOKING & HANDLING**

**PAN FRY:**

**Thawed Skewers**

- Heat a small amount of oil in a fry pan on medium high heat.
- Add skewers and cook 6-8 minutes while turning skewers.

**Frozen Skewers**

- Use medium heat & cook for 13-14 minutes while continually turning skewers.

**BROIL:**

**Thawed Skewers**

- Preheat broiler.
- Broil skewers 3-4 inches from heat for 6-9 minutes, turning at half cooking time.

**Frozen Skewers**

- Broil skewers 3-4 inches from heat for 12-13 minutes, turning at half cooking time.

**GRILL:**

**Thawed Skewers**

- Preheat barbecue to medium – low.
- Place skewers on oiled grill for 6-8 minutes while turning skewers.

**Frozen Skewers**

- Preheat barbecue to medium – low.
- Place skewers on oiled grill for 12-13 minutes while turning skewers.

**STORAGE INFORMATION**

Keep frozen at 0° F or below until ready to use.

**SHELF LIFE**

12 months (frozen 0° F or below)

**Nutrition Facts**

Serving Size 1 piece (80g)  
Servings per Container 4

Amount per Serving		% Daily Value*	
<b>Calories</b> 130		<b>Calories from Fat</b> 70	
<b>Total Fat</b> 8g			<b>12 %</b>
<b>Saturated Fat</b> 4g			<b>23 %</b>
<b>Trans Fat</b> 0.5g			
<b>Cholesterol</b> 55mg			<b>18 %</b>
<b>Sodium</b> 230mg			<b>10 %</b>
<b>Total Carbohydrate</b> 0g			<b>0 %</b>
<b>Dietary Fiber</b> 0g			<b>0 %</b>
<b>Sugars</b> 0g			
<b>Protein</b> 15g			
<b>Vitamin A</b> 0 %		<b>Vitamin C</b> 0 %	
<b>Calcium</b> 2 %		<b>Iron</b> 8 %	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g

Calories per gram  
Fat 9 • Carbohydrates 4 • Protein 4