Cross Valley Farms® Spiral Cut Kohlrabi

As consumers look for vitamin-rich alternatives to starchy, high-calorie pasta, you can step up with 2 mm noodles, spiralized from this cousin of broccoli and Brussels sprouts. Kohlrabi’s texture makes it ideal for noodles. Our Spiral Cut Kohlrabi arrives ready to eat, and with a 14-day shelf life, it stays fresh longer than many other vegetable noodles on the market.

Product Attributes

- Spiralized fresh kohlrabi
- 2 mm noodle
- 14-day shelf life
- Refrigerated, washed, ready to eat

Benefits

- 80% fewer calories than pasta  
  (40 calories vs. 220 calories per 140 g)
- On-Trend: Veggie noodles are increasingly popular
- Living Well: Kohlrabi is an excellent source of vitamin C
- Versatile: Usable in hot and cold dishes in multiple cuisines
- Time-Saving: Requires no back-of-house effort
- Available year-round

Menu It/Uses

- Kohlrabi Sauté Coated with Compound Butter
- Crispy Kohlrabi Salad with Lemon Zest
- Kohlrabi Pho Broth Bowl

Preparation Instructions

Ready-to-use spiralized kohlrabi is a fresh-vegetable alternative to pasta noodles.

<table>
<thead>
<tr>
<th>A-Code</th>
<th>Product Description</th>
<th>Pack Size</th>
<th>Serving Size</th>
<th>Servings Per Case</th>
</tr>
</thead>
<tbody>
<tr>
<td>6866621</td>
<td>Spiral Cut Kohlrabi</td>
<td>2/2 lb.</td>
<td>3 oz.</td>
<td>Approx. 21</td>
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