



# Iceberg Lettuce

## FOR FOODSERVICE

Although Iceberg Lettuce may have a lower nutrition profile than darker lettuce varieties, it is incredibly versatile in menu preparation. Its crisp, crunchy texture lets it add volume to salads, carry any type of creamy, thick dressings with ease, and take the place of a wrap, bowl or bun in low-carb dishes. Iceberg Lettuce is available year round and has a refreshing crunch, high water content and mildly sweet flavor.

### Selecting Iceberg Lettuce

Heads of Iceberg Lettuce should be uniform in size, shape and color. They should be compact, medium-firm and springy to the touch with a light green color. Avoid lettuce with wilted or discolored outer leaves.



### Storage & Handling

For maximum shelf life and freshness, store lettuce in 34-36 degree F refrigeration. Keep lettuce away from drafts to prevent dehydration. Store lettuce away from ethylene-producing fruits and ripening rooms. Follow good rotation practices; first shipments received should be used or displayed first.

### Pack Sizes

Product Code	Product	Size	GTIN	Carton Size (LxWxH in.)			Carton Cube (Cubic ft.)	Carton Gross Weight	Ti	Hi	Cartons/Pallet
400543 02	Iceberg - Liner	30ct CTN	10073150421992	19.38	15.38	9.38	1.62	44.00	5	8	40
100426 02	Iceberg - Liner	24ct CTN	10073150307296	23.19	15.25	10.38	2.12	42.00	8	5	40
100078 02	Iceberg	24ct CTN	10073150301287	19.38	15.38	9.38	1.62	40.00	6	9	54
100086 02	Iceberg	6ct/24sz CTN	10073150301584	15.25	12.88	7.63	0.87	12.00	11	9	99



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## Yield and Portion Analysis

Yield per Carton of Liner or Wrapped Iceberg Lettuce

73% Usable Product Average

Average Portions: Approximately 10 cups chopped lettuce per head

24 Heads per Case= 240 cups chopped per case

30 Heads per Case = 300 cups chopped per case



## Features & Benefits

- Year round availability makes menu planning and sourcing easier
- Whole heads available either wrapped individually or in lined boxes gives you back-of-the-house options
- Its crunchy texture and sturdy leaves make Iceberg the best choice to hold up to thick dressings or to use as serving vessels or wraps

## Menu Ideas

- Citrus Shrimp Tacos with Southwest Cream Sauce & Shredded Iceberg Lettuce
- Chicken Club Iceberg Lettuce Wraps
- Cobb Salad with Pumpkin Seeds, Avocado, Feta & Smoky Pumpkin Dressing
- Sesame Oil Stir Fried Iceberg Lettuce Garnished with Scallions

## About Duda Farm Fresh Foods

Growing in the most fertile land in the United States and closely monitored to meet our high safety standards, Duda Farm Fresh Foods has been delivering the best quality fruits and vegetables for the last 100 years. Our regional growing program enables year-round availability of a wide range of products packed in our well-known Dandy® brand. Through an extensive alliance of grower partners both nationally and internationally, Duda is a trusted single-source provider of the fresh produce consumers crave.

Duda Farm Fresh Foods' broad range of products are sold under the Dandy® brand, making us a single-source solution for fresh produce. We take pride in assuring our customers year-round availability, quality, and safety they can count on. Based on external benchmarking, our company ranks in the very top tier of producers, growers, packers, processors and shippers in the measurements of farms and ranches, harvesting, and facilities.



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