Thompsons Food Service Ltd.
Nelsons Yard
South Denes Road
Great Yarmouth
Norfolk
NR30 3PR

Tel: 01493 249649
Fax: 0845 051 8772
E-Mail: accounts@tfsltd.co.uk
Web: www.tfsltd.co.uk

TFS - Herbs Fresh Ginger - Information

Ginger is a knobby, multiple branched rhizome found in many different shapes and sizes. The skin ranges in colour from light to dark tan, depending on the variety, and is semi-rough with occasional callouses and rings ridged along the surface. The thickness of the skin is directly related to whether the rhizome was picked early or mature. Underneath the skin, the flesh is firm, fibrous, and ranges in colour from yellow to brown. The rhizome is also highly fragrant with a warm, woody scent. When fresh, Ginger is juicy and crunchy with a pungent, spicy, and slightly sweet taste.

TFS Product Code: 012641
Suppliers Product Code:
Information Last Updated: 15/01/2025
Date Produced: 11/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	80.00
Energy (kJ)	333.00
Protein (g)	1.82
Carb (g)	17.80
Of Which Sugars (g)	1.70
Fat (g)	0.75
Of Which Saturates (g)	0.20
Fibre (g)	2.00
Salt (g)	0.32

Dietary Information

Key: Suitable for

Kosher, Vegetarian, Halal, Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Ginger

Handling Information

Directions for Use

Wash before use. Ginger can be utilized in both raw and cooked applications and is most often used as a spice or herb in fresh, dried, ground, pickled, or powdered form. When raw, the rhizome can be minced and added to smoothies, shredded and mixed into salads, noodle dishes, or tofu dishes, and blended into dressings and marinades. Ginger can also be used in cooked applications, tossed into soups, curries, roasts, and stews, baked into cookies, bread, and muffins, or used to flavour meats, gravies, and vegetable dishes.

Storage Instructions

Store in a paper or plastic bag in the crisper drawer of the refrigerator.

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