

CALIFORNIA BLEND VEGETABLES - IQF, BULK PACKED

PRODUCT DETAIL

PACK: 44 LB

NET WEIGHT: 44



EXTENDED DESCRIPTION

DELICIOUS CALIFORNIA BLEND OF VEGETABLES. MADE UP OF BROCCOLI, CAULIFLOWER AND CARROTS. PERFECT FOR STEWS, CASSEROLES OR AS A HEALTHY SIDE TO ANY ENTREE.

BENEFITS/SUGGESTED USAGE

GREAT SOURCE OF VITAMIN A AND C.

INGREDIENTS

IQF BROCCOLI, CAULIFLOWER AND CARROTS.

INSTRUCTIONS FOR PREPARING AND COOKING

STOVE TOP: BRING 1 CUP OF WATER TO A BOIL. ADD DESIRED AMOUNT OF FROZEN CA BLEND VEGETABLES TO BOILING WATER. BRING TO A SECOND BOIL, REDUCE HEAT AND COVER. SIMMER 5-10 MINUTES OR UNTIL TENDER. DRAIN VEGETABLES, SEASON AND SERVE. MICROWAVE: PLACE FROZEN CA BLEND VEGETABLES IN CASSEROLE DISH. ADD 2 TABLESPOONS WATER AND COVER. HEAT ON HIGH FOR 5-7 MINUTES, STIRRING HALFWAY THROUGH COOK TIME. LET STAND 1 MINUTE BEFORE SERVING. SEASON AND ENJOY. NOTE: COOKING TIMES MAY VARY DEPENDING ON POWER OF MICROWAVE AND TYPE OF CONTAINER USED. TO RETAIN HIGHEST QUALITY OF VEGETABLES, DO NOT OVERCOOK.

LOGISTICS INFORMATION

FREIGHT CLASS: FR60

GROSS WEIGHT: 46

CUBE: 1.567

CASE DIMENSIONS: 17.30X14.20X11.02

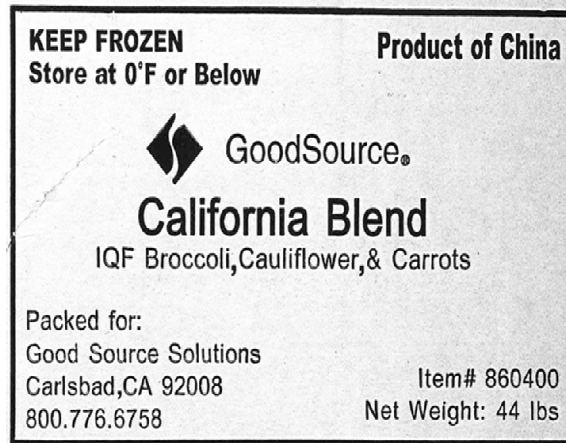
DOUBLE STACK: NO

CASES PER PALLET: 28

BLOCK & TIER: 6 X 5

SHELF LIFE: 1 YEAR

PRODUCT LABEL



NUTRITION

Nutrition Facts			
Amounts per Serving			
Serving Size	1cup (113g)		
Calories	35	Calories from Fat:	0
		% Daily Value*	
Total Fat:	0 g		0%
Trans Fat:	0 g		%
Saturated Fat:	0 g		0%
Cholesterol:	0mg		0%
Sodium:	80 mg		3%
Total Carbohydrate:	6 g		2%
Dietary Fiber:	3 g		12%
Sugars:	3 g		%
Protein:	2g		%
Vitamin A:	IU		70%
Vitamin B6:	mg		%
Vitamin B12:	µg		%
Vitamin C:	mg		70%
Vitamin D:	IU		%
Vitamin E:	IU		%
Vitamin K:	µg		%
Calcium:	mg		2%
Iron:	mg		2%
Zinc:	mg		%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. This is a representation of the nutrition label.

The actual nutrition label on the product may vary slightly.

KOSHER: No

CN Label: No



1.800.776.6758