



Cooked Squash

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Product Last Saved Date:11 July 2016

Nutrition Facts

Serving Size: 85 GRM

Number of Servings per Package: 252

Amount Per Serving

Calories: 40 Calories from Fat: 0

% Daily Value*

Total Fat	g	%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	3%
Sugars	3 g	
Protein	1 g	

Vitamin A	Per Srv	Vitamin C	Per Srv
	10%		4%
Calcium	0%	Iron	0%

*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
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	Carbohydrate	4 Protein 4

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
29836	758326	10048800298361	12 X 4 LBR	

Brand	Brand Owner	GPC Description
FLAVRPAC	NORPAC FOODS INC.	Vegetables – Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
53.5 LBR	48 LBR	USA	Yes	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
20.5 INH	13.875 INH	11.125 INH		7x5	730 None	-10 FAH / 0 FAH

Ingredients :

Cooked Squash.

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions :

Store at or below 0°F (-18°F) or store in freezer compartment of the refrigerator.

Benefits :

Preparing winter squash, with its hard rind and seeds embedded in stringy pulp, can be labor intensive and time consuming. FLAV-R-PAC selects, preps, blends, and cooks premium varieties. The bright color and high Vitamin A content make this product an excellent choice for multiple foodservice applications.

Serving Suggestions :

Par with an entrée for a complete meal.

Prep & Cooking Suggestions :

Remove desired amount of vegetables from the bag and heat to 165°F prior to serving for foods safety and quality.

More Information :