

# LAKE SIDE FOODS

## Stir Fry Blend

### Nutrition Facts

Serving Size 3/4 cup ( 80 g )

Servings Per Container (see chart at right)

**Amount Per Serving**

**Calories** 30 **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0 g **0 %**

Saturated Fat 0 g **0 %**

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 20 mg **1 %**

**Total Carbohydrate** 5 g **2 %**

Dietary Fiber 1 g **4 %**

Sugars 2 g

**Protein** 1 g

Vitamin A 8 % **■** Vitamin C 15 %

Calcium 2 % **■** Iron 2 %

\* 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 <b>■</b>	Carbohydrate	4 <b>■</b>
		Protein	4


Frozen Package Size	Net Weight			Servings
	oz	lb	g	
12 oz	12		340	About 4.5
14 oz	14		397	About 5
16 oz	16		454	About 6
32 oz	32		907	About 11

**Ingredients:**

Broccoli, Sugar Snap Pea, Green Beans, Carrots, Celery, Water Chestnuts, Onions, Red Peppers.

Allergens: None

These nutrient values were derived from the 2001 AFFI Database.

 <b>LAKE SIDE FOODS</b>	<b>PRODUCT SPECIFICATION</b>	CURRENT AS OF	8/18/17
		EFFECTIVE DATE:	12/21/14
		SUPERCEDES:	04/23/13

**Product Name:** IQF, Far East Blend

**LFI Product Code:** 022005

**General Information:** This product and packaging conforms to the latest provisions of the Food, Drug and Cosmetic Act, to all applicable USDA regulations, to all applicable state statutes and regulations for the production facility, and is not classified as ready-to-eat.

**Description:** The raw materials used for this product are individually quick frozen broccoli, sugar snap peas, green beans, carrots, celery, onions, red peppers and water chestnuts. The components are blended according to the percentages listed below.

**Grade:** Product conforms to U.S. Standards for Fancy Grade.

**Ingredients:** Broccoli, sugar snap peas, green beans, carrots, celery, onions, red peppers, water chestnuts.

**Color:** Good color characteristic of blend components.

**Aroma / Odor:** Good aromas characteristic of blend component; no "off" odors.

**Flavor:** Good flavors characteristic of blend components; no "off" flavors.

**Texture:** Good texture characteristic of blend components.

**Target Component %:**

Broccoli Florets 1 1/4" - 1 3/4"	10%
Broccoli Stalks 3/4"	12%
Sugar Snap Peas	22%
Whole Green Beans	22%
Julienne Carrots 3/8" x 3/8" x 1 1/2"	7%
Celery Sliced 1/2"	7%
Onion Strips 3/8" x vary lengths	7%
Red Pepper Strips 3/8" x vary lengths	7%
Water Chestnuts-Sliced	6%

**Optional Label Claims:** A good source of Vitamin C, a low calorie food, a very low sodium food, a fat free food, a cholesterol free food, natural, vegetarian/vegan.

**Kosher:** This product is not kosher certified.

**Allergens:** No allergens from the eight major foods or food groups (Milk, Eggs, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, And Soybeans)

<b>Gluten:</b>	Naturally Gluten Free Food						
<b>Chemical Enzyme:</b>	Peroxidase Negative						
<b>Microbiology:</b>	<table> <tr> <td>Aerobic Plate Count</td> <td>100,000 cfu/g max</td> </tr> <tr> <td>Total Coliforms</td> <td>300 cfu/g max</td> </tr> <tr> <td>Generic E. coli</td> <td>&lt;10 cfu/g max</td> </tr> </table>	Aerobic Plate Count	100,000 cfu/g max	Total Coliforms	300 cfu/g max	Generic E. coli	<10 cfu/g max
Aerobic Plate Count	100,000 cfu/g max						
Total Coliforms	300 cfu/g max						
Generic E. coli	<10 cfu/g max						
<b>GMO:</b>	Lakeside Foods Inc. does not grow gene-altered vegetables. All vegetables sold by Lakeside Foods Inc. are grown from seed developed using conventional breeding methods.						
<b>MSDS (Material Safety Data Sheets):</b>	Not Applicable						
<b>Serving Instructions:</b>	For safety and quality, cook product to 165°F prior to consumption.						
<b>Packaging Code:</b>	<p>PACKAGE TYPE: Poly Bag  CODE TYPE: Ink jet  CODE LOCATION: Back of Bag  CODE FORMAT:  Top Line Packaging Code:  1,2<sup>nd</sup> digit Plant  3<sup>rd</sup> digit Period  4<sup>th</sup> digit Year  5, 6, 7<sup>th</sup> digit Julian day  Bottom Line Product Code:  1,2<sup>nd</sup> digit Bulk plant  3<sup>rd</sup> digit Line  4<sup>th</sup> digit Period  5<sup>th</sup> digit Month  6,7<sup>th</sup> digit Day of month  8<sup>th</sup> digit Year  UNIT EXAMPLE: DC12235 MTAA8102  CASE EXAMPLE: DC12235 MTAA8102</p>						
<b>Storage:</b>	Ship and store under clean conditions, maintained at zero degrees Fahrenheit or colder.						
<b>Shelf Life:</b>	Approximately 24 months under proper frozen storage conditions.						
<b>Container:</b>	Poly bag packed in sealed shipping carton or packed into a plastic lined shipping carton.						
<b>Country of Origin:</b>	Typically Product of USA, Mexico, China, Thailand.						



## **Recommended Preparation Instructions:**

**Product Name: IQF, Far East Blend**  
**LFI Product Code: 022005**  
**Standard Package**

### **Size: 16 oz or less**

#### **Stir Fry Instructions:**

1. Heat one tablespoon of oil in a wok to medium high heat.
2. Add frozen vegetables and cover immediately.
3. Stir occasionally until vegetables are tender and crisp (about 7 to 10 minutes).
4. Serve immediately. Avoid overcooking.

#### **Microwave Oven Cooking Instructions:**

1. Place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover.
2. Add two tablespoons of water and cook on high setting for three minutes.
3. Stir the vegetables and cook on high for an additional 6 to 7 minutes.
4. Allow the casserole to stand for 2 minutes after cooking before opening.

Microwave cooking times vary with ovens - avoid over cooking.  
Cook to 165°F for quality and food safety.

#### **Handling Instruction:**

KEEP FROZEN

### **Size: 16 oz or Greater**

#### **Stir Fry Instructions:**

5. Heat one tablespoon of oil in a wok to medium high heat.
6. Add frozen vegetables and cover immediately.
7. Stir occasionally until vegetables are tender and crisp (about 7 to 10 minutes).
8. Serve immediately. Avoid overcooking.

#### **Microwave Oven Cooking Instructions:**

1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover.
2. Add two tablespoons of water and cook on high setting for three minutes.
3. Stir the vegetables and cook on high for an additional 6 to 7 minutes.
4. Allow the casserole to stand for 2 minutes after cooking before opening.

Microwave cooking times vary with ovens - avoid over cooking.  
Cook to 165°F for quality and food safety.

#### **Handling Instruction:**

KEEP FROZEN