



Country Trio

Product Last Saved Date:25 October 2018

Nutrition Facts

22 Servings per container

Serving Size 2/3 Cup (89g)

Amount Per Serving

Calories 60

% 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 11 g 4%

Dietary Fiber 2 g 8%

Total Sugars 4 g

Includes g Added Sugars %

Protein 1 g

Vitamin D mg %

Calcium mg 0%

Iron mg 0%

Potassium mg %

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
03893	758434	10048800038936	6 X 4.00 LBR	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
26 LBR	24 LBR	USA	Yes	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.875 INH	11.375 INH	9 INH	1.1182 FTQ	8x 8	730	-10 FAH / 0 FAH

Ingredients :

Corn, Carrots and Green Beans.

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

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

Handling Suggestions :

Keep frozen until ready to use. If thawed, do not refreeze. For food safety and quality cook to a temperature of 165degF. SAFE HANDLING INSTRUCTIONS Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions. Keep frozen. Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry. Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or discard.

Benefits :

IT'S MORE RELEVANT THAN EVER TO KNOW WHERE OUR FOOD COMES FROM. WITH FLAV-R-PAC AMERICAN HARVEST®, YOU CAN BE ASSURED THAT EVERY VEGETABLE IN OUR 15 BLENDS ARE 100% DOMESTICALLY GROWN.

Serving Suggestions :

SEASON TO TASTE. SERVE AS SIDE DISH.

Prep & Cooking Suggestions :

STOVE TOP Half Bag Place your American Harvest(tm) vegetables in a 21/2 quart saucepan. Add 1/4 cup water and bring to boil over high heat. Gently separate the vegetables with a wooden spoon if necessary. Reduce heat to medium, cover and boil gently for 8(en)10 minutes or until tender, stir once during cooking time. Drain and serve. **Full Bag** Place your American Harvest(tm) vegetables in a 61/2 quart saucepan. Add 1/2 cup water and bring to boil over high heat. Gently separate the vegetables with a wooden spoon if necessary. Reduce heat to medium, cover and boil gently for 10(en)12 minutes or until tender, stir once during cooking time. Drain and serve. **MICROWAVE** (2200 watt) Half Bag Place your American Harvest(tm) vegetables in microwave safe dish and add 3 Tbsp. water. Cover and cook on HIGH for 3 minutes, stir, and cook an additional 3 minutes. Allow to stand for 3 minutes. Season and serve. **Full Bag** Place your American Harvest(tm) vegetables in microwave safe dish and add 1/3 cup water. Cover and cook on HIGH for 6 minutes, stir, and cook an additional 6 minutes. Allow to stand for 3 minutes. Season and serve.

More Information :