



# GC Asian Blend



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Product Last Saved Date: 8 October 2018

## Nutrition Facts

24 Servings per container

**Serving Size** 1 Cup

**Amount Per Serving**  
**Calories** 25

**% Daily Value\***

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

Saturated Fat 0 g **0%**

Trans Fat 0 g

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

**Sodium** 10 mg **0%**

**Total Carbohydrate** 4 g **1%**

Dietary Fiber 2 g **7%**

Total Sugars 2 g

Includes 0.0000 Added Sugars **0.000**

**Protein** 1 g

Vitamin D 0.0000 mg **0%**

Calcium 24 mg **2%**

Iron 0 mg **0%**

Potassium 160 mg **4%**

\*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
03036	760850	10048800030367	6 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
26 LBR	24 LBR	USA	Yes	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.375 INH	12.875 INH	10.75 INH	1.5519 FTQ	7x 8	730	-10 FAH / 0 FAH

### Ingredients :

Broccoli, Green Beans, Mushrooms, Red Peppers, and Onions.

**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. STORE AT OR BELOW 0°F(-18°C). DO NOT REFREEZE.

### Benefits :

Broccoli, Whole Green Beans, Mushroom Halves, Red Pepper Strips, and Onion Strips. A zesty, bright and naturally delicious blend.

### Serving Suggestions :

Prepare according to stove top cooking directions; add a favorite stir fry sauce and heat thoroughly.

### Prep & Cooking Suggestions :

**Stove Top**  
Place contents of one bag Asian Blend in a 6 ½ quart pan. Add 1/2 cup water and bring to a full boil over high heat. Gently separate the vegetables with a wooden spoon if necessary. Reduce heat to medium; cover and cook gently for 8 to 10 minutes. Drain and serve. Season to taste

### More Information :