



STIR FRY BLEND VEGETABLE IQF

Item Number: 963550

Brand: FLAVRPAC
Vendor: NORPAC FOOD INC
Quantity On Hand: 150
Category: Vegetables, Frozen

Manufacture #: 03398
Pack Size: 12/2#
Number of Servings: 384
GTIN: 10048800033986

Specific Requirements (Food)

Crustacean Free
Egg Free
Fish Free
Kosher
Milk Free
Peanut Free
Soy Free
Wheat Free

Nutrition Facts

Serving Size 2.72 OZ (77 GR)	
Servings Per Case: 12	
Calories: 25	Cal. from Fat: 0
% Daily Value*	
Total Fat: 0 g	0 %
Saturated Fat: 0 g	0 %
Trans Fat: 0 g	0 %
Cholesterol: 0 mg	0 %
Sodium: 25 mg	1 %
Total Carbs.: 5 g	2 %
Diet. Fiber: 1 g	4 %
Sugars: 2 g	
Protein: 1 g	2 %
Vitamin A: 0 %	Vitamin C: 25 %
Calcium: 0 %	

*Percent Daily Values are based on a 2,000 calorie diet.

Description: Flav-R-Pac Original Vegetable Stir Fry. Individually quick frozen Chinese Pea Pods are a new addition to our old favorites - Broccoli, Green Beans, Carrots, Celery, Onions, Water Chestnuts and Red Peppers.

Features & Benefits: An original that has been updated and improved, this is a blend of generously cut broccoli, green beans, carrots, celery, onions, water chestnuts and red peppers.

Serving Suggestions: THAI-INSPIRED VEGETABLE SAUTE: Blend together 2 tbsp. Sweet Thai chili sauce, 1 tbsp. sesame oil, 1-1/2 tbsp. toasted sesame seeds and 2 tsp. soy sauce. In a non-stick pan over medium-high heat sauté 6 cups vegetables in 2 tbsp. peanut oil until crisp-tender. Add 4 oz. shredded baby spinach or kale, continue cooking until kale is wilted. Gently stir sauce into vegetables.

Preparation & Cooking: MICROWAVE OVEN Place frozen vegetables in a 2-3 quart microwave safe dish. Add 2 tablespoons water, cover and microwave on HIGH for 7 to 10 minutes. Gently stir half way through cooking time. Drain and serve. For food safety and quality cook to a temperature of 165°F.

Storage & Usage: Store at or below 0°F (-18°C)

Ingredients: Green Beans, Broccoli, Carrots, Celery, Onions, Water Chestnuts, and Red Peppers.

Serving Size: 2.72 OZ (77 GR)
Servings per Case: 12
Storage Temperature: -10 ° FA - 0 ° FA
Shelf Life: 730 Days
Kosher: YES
Child Nutrition: N/A