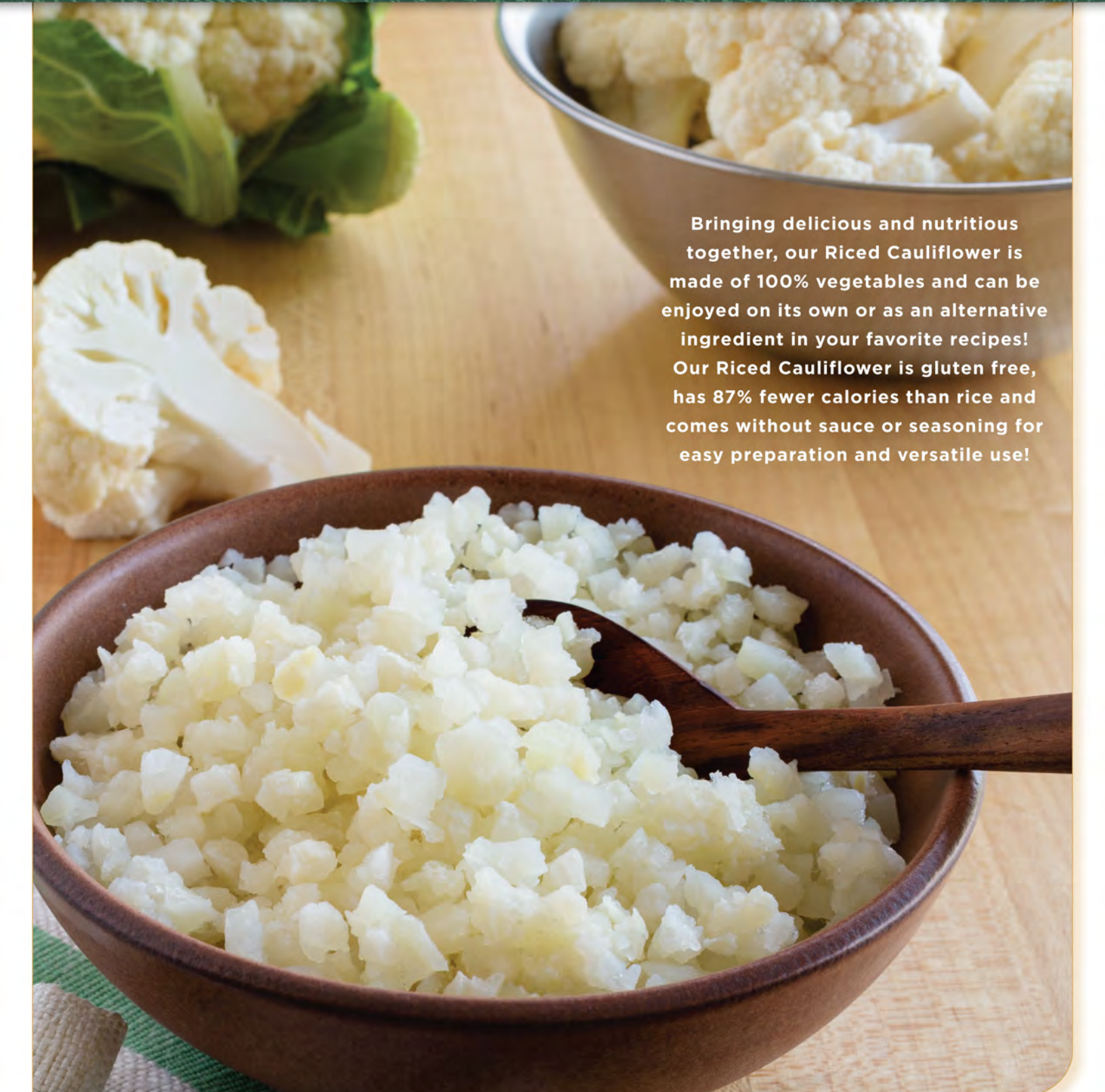




**FLAV-R-PAC®**  
**RICED CAULIFLOWER**



Bringing delicious and nutritious together, our Riced Cauliflower is made of 100% vegetables and can be enjoyed on its own or as an alternative ingredient in your favorite recipes! Our Riced Cauliflower is gluten free, has 87% fewer calories than rice and comes without sauce or seasoning for easy preparation and versatile use!

# Why FLAV-R-PAC Riced Cauliflower?

*Did you know...*

1

As much as **31%** of fresh cauliflower is discarded when prepped.

**Frozen vegetables “lock in” nutrients**, and important vitamins, and freezing stops the nutrient loss that occurs with fresh



3

FLAV-R-PAC Riced Cauliflower **does not discolor** like fresh.

4

**Readily available**, only use the amount of FLAV-R-PAC Riced Cauliflower that you need at the time.

Flav-R-Pac Riced Cauliflower has **smaller particulates** that both fresh and other frozen varieties, cooking faster and **yielding better results.**



**FLAV-R-PAC**  
**RICED CAULIFLOWER**



## SERVING SUGGESTIONS



### CAULIFLOWER PIZZA CRUST

You don't have to sacrifice flavor to provide healthy menu options. Cauliflower Pizza Crust is good for the body and the taste buds!



### CAULIFLOWER MASH

Mashed Cauliflower is the perfect alternative to traditional mashed potatoes. Skip the heavy carbs and calories with this healthy menu option.



### CAULIFLOWER TOTS

Loaded with cauliflower, not potato, Cauliflower Tots are a great alternative to tater tots and fries. Nothing artificial; just wholesome, farm fresh goodness!



#### NUTRITIONAL INFORMATION

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
Riced Cauliflower	1 Cup/100g	27	0	0	0	0	23	5	2	2	2	0	21	0	193

#### PACK INFORMATION

	Key Information (see legend below)	CAT #	Pack Size	Net Case Weight (lb)	Gross Case Weight (lbs)
Riced Cauliflower	● ■ ★ ▼	13901	2/5 lb.	10	11

● Low Fat   ■ Gluten Free   ★ Contains no added MSG   ▼ Vegan

For more information please call 800-822-2898 or visit us at [www.norpac.com](http://www.norpac.com)