



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 was 100% domestically-grown.



Garden Blend



Support local farmers and serve meals with pride when you choose any of these versatile American-grown vegetable blends.



EDAMAME MEDLEY

Edamame, corn, carrots, red peppers



GARDEN BLEND

Broccoli, cauliflower, Italian type green beans, carrots, zucchini, yellow squash, red peppers



CASCADE BLEND

Yellow carrots, carrots, green beans



CHUCKWAGON CORN

Corn, green peppers, onions, red peppers



COUNTRY TRIO
Corn, carrots, green beans



ITALIAN BLEND
Zucchini, cauliflower, Italian type green beans, lima beans, red peppers



WILLAMETTE BLEND
Green beans, onions, red peppers



OREGON BEAN MEDLEY
Green beans, wax beans, carrots, kidney beans, peas, lima beans



SCANDINAVIAN BLEND
Peas, zucchini, green beans, carrots, onions



SOUTHWEST BLEND
Corn, black beans, poblano peppers, red peppers, onions



PREMIUM NORMANDY BLEND
Broccoli, cauliflower, carrots



IMPERIAL BLEND
Green beans, broccoli, onions, red peppers,
mushrooms



PREMIUM WINTER BLEND
Broccoli, cauliflower



CAPRI BLEND
Carrots, green beans, yellow squash, zucchini



FAJITA BLEND
Red peppers, green peppers, yellow peppers, onions



NUTRITIONAL INFORMATION

| | Serving Size | Calories per Serving | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (% DV) | Vitamin C (% DV) | Calcium (% DV) | Iron (% DV) |
|-------------------------------|---------------|----------------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|------------|-------------|------------------|------------------|----------------|-------------|
| Capri Blend | 3/4 Cup (85g) | 60 | 0 | 0 | 0 | 0 | 20 | 11 | 2 | 4 | 1 | 20 | 4 | 0 | 0 | |
| Cascade Blend | 3/4 Cup (79g) | 30 | 0 | 0 | 0 | 0 | 40 | 6 | 2 | 3 | <1 | 20 | 4 | 2 | 0 | |
| Chuckwagon Corn | 2/3 Cup (91g) | 90 | 5 | 1 | 0 | 0 | 0 | 18 | 1 | 5 | 2 | 0 | 8 | 0 | 0 | |
| Country Trio | 2/3 Cup (83g) | 60 | 0 | 0 | 0 | 0 | 20 | 11 | 2 | 4 | 1 | 20 | 4 | 0 | 0 | |
| Edamame Blend | 2/3 Cup (90g) | 80 | 20 | 2.5 | 0 | 0 | 20 | 10 | 5 | 4 | 5 | 20 | 15 | 4 | 6 | |
| Fajita Blend | 3/4 Cup (79g) | 25 | 0 | 0 | 0 | 0 | 5 | 5 | <1 | 3 | <1 | 4 | 45 | 0 | 0 | |
| Garden Blend | 3/4 Cup (75g) | 25 | 0 | 0 | 0 | 0 | 15 | 4 | 1 | 2 | 1 | 10 | 25 | 2 | 0 | |
| Imperial Blend | 1 Cup (85g) | 30 | 0 | 0 | 0 | 0 | 10 | 5 | 2 | 2 | 1 | 4 | 35 | 2 | 0 | |
| Italian Blend | 3/4 Cup (85g) | 35 | 0 | 0 | 0 | 0 | 40 | 6 | 2 | 2 | 1 | 15 | 15 | 2 | 0 | |
| Oregon Bean Medley | 2/3 Cup (85g) | 50 | 0 | 0 | 0 | 0 | 75 | 8 | 3 | 2 | 2 | 8 | 6 | 4 | 4 | |
| Premium Normandy Blend | 1 Cup (85g) | 30 | 0 | 0 | 0 | 0 | 30 | 5 | 2 | 3 | 1 | 20 | 35 | 2 | 0 | |
| Premium Winter Blend | 1 Cup (80g) | 25 | 0 | 0 | 0 | 0 | 20 | 4 | 2 | 1 | 2 | 4 | 50 | 2 | 0 | |
| Scandinavian Blend | 3/4 Cup (85g) | 40 | 0 | 0 | 0 | 0 | 70 | 7 | 2 | 3 | 2 | 15 | 4 | 2 | 2 | |
| Southwest Blend | 2/3 Cup (89g) | 80 | 5 | 1 | 0 | 0 | 70 | 15 | 6 | 4 | 4 | 4 | 20 | 0 | 4 | |
| Willamette Blend | 3/4 Cup (75g) | 30 | 0 | 0 | 0 | 0 | 0 | 4 | 1 | 2 | <1 | 2 | 10 | 2 | 0 | |

PACK INFORMATION

| | Key Information (see legend below) | CAT # | Pack Size (oz) | GTIN | Gross Case Weight (lbs) | Case Cube | Pallet Pattern | Outside Case Dimensions |
|-------------------------------|---------------------------------------|-------|----------------|----------------|-------------------------|-----------|----------------|-------------------------|
| Capri Blend | ● ■ ▼ | 03890 | 6/4 | 10048800038905 | 26 lbs | 1.21 | 7 x 9 | 19 3/8 x 12 3/8 x 8 3/4 |
| Cascade Blend | ● ■ ▼ | 03805 | 6/4 | 10048800038059 | 26 lbs | 1.21 | 7 x 9 | 19 3/8 x 12 3/8 x 8 3/4 |
| Chuckwagon Corn | ● ■ ▼ | 03896 | 6/4 | 10048800038967 | 26 lbs | 1.21 | 7 x 10 | 19 3/8 x 12 3/8 x 7 1/4 |
| Country Trio | ● ■ ▼ | 03893 | 6/4 | 10048800038936 | 26 lbs | 1.21 | 7 x 10 | 19 3/8 x 12 3/8 x 7 1/4 |
| Edamame Blend | ● ■ ▼ | 03840 | 6/4 | 10048800038400 | 26 lbs | 1.21 | 7 x 10 | 19 3/8 x 12 3/8 x 7 1/4 |
| Fajita Blend | ● ■ ▼ | 03806 | 6/4 | 10048800038066 | 26 lbs | 1.21 | 7 x 9 | 19 3/8 x 12 3/8 x 8 3/4 |
| Garden Blend | ● ■ ▼ | 03804 | 6/4 | 10048800038042 | 26 lbs | 1.21 | 7 x 9 | 19 3/8 x 12 3/8 x 8 3/4 |
| Imperial Blend | ● ■ ▼ | 03808 | 6/4 | 10048800038080 | 26 lbs | 1.21 | 7 x 9 | 19 3/8 x 12 3/8 x 8 3/4 |
| Italian Blend | ● ■ ▼ | 03891 | 6/4 | 10048800038912 | 26 lbs | 1.21 | 7 x 8 | 19 3/8 x 12 3/8 x 9 3/4 |
| Oregon Bean Medley | ● ■ ▼ | 03841 | 6/4 | 10048800038417 | 26 lbs | 1.21 | 7 x 10 | 19 3/8 x 12 3/8 x 7 1/4 |
| Premium Normandy Blend | ● ■ ▼ | 03892 | 6/4 | 10048800038929 | 26 lbs | 1.21 | 7 x 9 | 19 3/8 x 12 3/8 x 8 3/4 |
| Premium Winter Blend | ● ■ ▼ | 03894 | 6/4 | 10048800038943 | 26 lbs | 1.21 | 7 x 9 | 19 3/8 x 12 3/8 x 8 3/4 |
| Scandinavian Blend | ● ■ ▼ | 03895 | 6/4 | 10048800038950 | 26 lbs | 1.21 | 7 x 10 | 19 3/8 x 12 3/8 x 7 1/4 |
| Southwest Blend | ● ■ ▼ | 03803 | 6/4 | 10048800038035 | 26 lbs | 1.21 | 7 x 9 | 19 3/8 x 12 3/8 x 8 3/4 |
| Willamette Blend | ● ■ ▼ | 03807 | 6/4 | 10048800038073 | 26 lbs | 1.21 | 7 x 9 | 19 3/8 x 12 3/8 x 8 3/4 |

● Low Fat ■ Gluten Free ▼ Vegan

For more information please call 800-733-9311 or visit us at www.norpac.com

