

03/04/2017

FRP/American Harvest, Southwest Blend, 4 lbs. (64oz.) 1.81kg

Nutrition Facts	
20 servings per container	
Serving size	2/3 Cup (89g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 240mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Corn, Black Beans (water, black beans), Poblano Peppers, Red Peppers, Onions, Salt

FLAV-R-PAC – American Harvest – Southwest Blend – 4 lbs – UPC #48800-03803

Required Addition (New Item)

For food safety and quality cook to a temperature of 165° F.

Recommended Changes to MW Instructions

STOVE TOP

Quantity	Pan Size	Water	Cooking Time
½ bag	2 ½ quart or larger	1/4 cup	8 to 10 minutes
Full bag	6 ½ quart or larger	1/2 cup	10 to 12 minutes

Place frozen vegetables in a pan. Add 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 recommended time until tender. Drain and serve. Season to taste.

MICROWAVE INSTRUCTIONS

Quantity	Oven Wattage	Water	Cooking Time
½ bag	1200	3 Tbsp	6 minutes, stir, additional 5 minutes
Full bag	1200	1/3 cup	13 minutes, stir, additional 12 minutes
½ bag	2200	3 Tbsp	3 minutes, stir, additional 2 minutes
Full bag	2200	1/3 cup	5 minutes, stir, additional 5 minutes

Place desired amount of frozen vegetables in microwave safe dish and add water according to chart above. Cover and cook on HIGH for recommended time listed in chart, stir once during cook time. Allow to stand for 3 minutes. Season and serve.

Note – Microwave cooking times may vary depending on the particular appliance used.

For food safety and quality cook to a temperature of 165° F.

This is on poly - **Keep Frozen**
Suggest adding - **Do Not Refreeze**

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.**

Reviewed 7-May-14