



## 01146 PRODUCT SPECIFICATION

PRODUCT CHANNEL	FOOD SERVICE
PRODUCT LABEL	FLAVRPAC
PRODUCT DESCRIPTION	Asparagus Cuts IQF
PRODUCT CATALOG NUMBER	01146
CASE PACK	6/2.5P
UPC NUMBER	48800011468
GTIN NUMBER	10048800011465
CASE NET WEIGHT	15.00
CASE GROSS WEIGHT	16.50
CASE CUBE	0.67
CASE DIMENSIONS	16 7/8 x 11 3/8 x 6
PALLET TI-HI	9 X 12 = 108
STORAGE	0°F and below
PACKER NO. 5	NORPAC FOODS, INC.

01/18/2018

FLAV-R-PAC Asparagus Spears, 2.5 lbs. (40 oz.) 1.13kg

<b>Nutrition Facts</b>	
14 servings per container	
<b>Serving size</b>	<b>7 Spears (83g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>20</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 210mg	4%
<small>*The % Daily Value 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.</small>	

**INGREDIENTS:** Asparagus

# FLAV-R-PAC – Asparagus Cut Spears – 40 oz – UPC # 48800-01146

## Cooking Instructions:

### **STOVE TOP**

Bring 3/4 cup and frozen vegetables to a boil in a 3-quart saucepan. Cover and reduce heat to medium. Simmer for 8 – 10 minutes or until product is tender and thoroughly heated. Season and serve.

### **MICROWAVE INSTRUCTIONS**

Quantity	Oven Wattage	Water	Cooking Time
Half Bag	2200	3 Tbsp	2 minutes, stir, additional 2 minutes
Full Bag	2200	1/3 cup	3 minutes, stir, additional 3 minutes

Place frozen vegetables in microwave safe dish and add water according to chart above. Cover and cook on HIGH for recommended time listed in chart, stirring 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.

### **Pressureless Steamer**

Pour frozen product in a full sized perforated steamtable pan. Do not add water or cover. Steam in preheated pressureless steamer for 4 – 5 minutes or until product is thoroughly heated. Season and serve.

**For Food Safety and Quality Cook to a Temperature of 165°F.**

KEEP FROZEN UNTIL READY TO USE  
IF THAWED 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.