Frozen Fruit & Vegetables

Green Bean
Corn
Peas & Carrots
Fries, Sweet Potato
Fries, Crinkle
Potato Wedges
Tatar Tots
Hash Brown Patties
Apple Slices
Blueberries
Mixed Berries
Cherries
Strawberry
Orange Juice
CUT GREEN BEAN

Keep Frozen

NET WT 32 OZ (2 LB) 907g

DISTRIBUTED BY: NORPAC FOODS, INC
4350 SW Galewood Street, Hillsboro, OR 97123
### Nutrition Information

**Serving Size:** 2/3 CUP (90 grams)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 80</th>
<th>Calories from Fat: 9</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat:</strong></td>
<td>1 GM</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat:</td>
<td>0 GM</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol:</td>
<td>0 MG</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium:</td>
<td>10 MG</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium:</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td><strong>Total Carbohydrate:</strong></td>
<td>19 GM</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber:</td>
<td>1 GM</td>
<td>4%</td>
</tr>
<tr>
<td>Protein:</td>
<td>3 GM</td>
<td></td>
</tr>
<tr>
<td>Vitamin A:</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium:</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Iron:</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:**
Corn.

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat: 9</th>
<th>Carbohydrate 4</th>
<th>Protein 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat:</td>
<td>Less Than</td>
<td>Less Than</td>
<td>Less Than</td>
</tr>
<tr>
<td>Sat Fat:</td>
<td>Less Than</td>
<td>85g</td>
<td>81g</td>
</tr>
<tr>
<td>Cholesterol:</td>
<td>Less Than</td>
<td>20g</td>
<td>25g</td>
</tr>
<tr>
<td>Sodium:</td>
<td>Less Than</td>
<td>300mg</td>
<td>375mg</td>
</tr>
<tr>
<td>Total Carbohydrate:</td>
<td>Less Than</td>
<td>2400mg</td>
<td>3000mg</td>
</tr>
<tr>
<td>Dietary Fiber:</td>
<td>300g</td>
<td>375g</td>
<td>31g</td>
</tr>
<tr>
<td>Calories:</td>
<td>25g</td>
<td>30g</td>
<td>25g</td>
</tr>
</tbody>
</table>
12/2.5 LB.
KEEP FROZEN
0°F OR BELOW

FRESH FROZEN
PEAS & CARROTS
1263615

3J1N-44031 USA

0 00 74865 07850 4
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 2/3 cup (87g)</td>
</tr>
<tr>
<td>Calories: 0</td>
</tr>
<tr>
<td>Total Fat: 0g</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
</tr>
<tr>
<td>Sodium: 0mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 3g</td>
</tr>
<tr>
<td>Dietary Fiber: 3g</td>
</tr>
<tr>
<td>Sugars: 1g</td>
</tr>
<tr>
<td>Protein: 3g</td>
</tr>
<tr>
<td>Amount Per Serving: Calories 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 3g, Dietary Fiber 3g, Sugars 1g, Protein 3g</td>
</tr>
</tbody>
</table>

For best results, cook vegetable in a minimum amount of boiling water while still frozen. The vegetable will cool and stop boiling. Count second boiling, and allow vegetable to cool until tender. Avoid overcooking for best flavor and color. Season to taste.

KEEP FROZEN UNTIL READY FOR USE. DO NOT REFREEZE.

Keeping instructions:

CHILLED PEAS & CARROTS