



\* Benefits

Ingredients

Carrots, Peas

⚠ Allergens

Free From:

eggs fish dairy peanuts soy  
tree nuts wheat

Nutrition Facts

|                                                                                                                           |              |                      |            |
|---------------------------------------------------------------------------------------------------------------------------|--------------|----------------------|------------|
| Serving Size: 1                                                                                                           |              |                      |            |
| Number of Servings per 0                                                                                                  |              |                      |            |
| Amount Per Serving                                                                                                        |              |                      |            |
| Calories: 70                                                                                                              |              | Calories from Fat: 0 |            |
| % Daily Value*                                                                                                            |              |                      |            |
| Total Fat                                                                                                                 | 0 g          |                      | 0%         |
| Saturated Fat                                                                                                             | 0 g          |                      | 0%         |
| Trans Fat                                                                                                                 | 0 g          |                      |            |
| Cholesterol                                                                                                               | 0 mg         |                      | 0%         |
| Sodium                                                                                                                    | 115 mg       |                      | 5%         |
| Total Carbohydrate                                                                                                        | 14 g         |                      | 5%         |
| Dietary Fiber                                                                                                             | 5 g          |                      | 18%        |
| Sugars                                                                                                                    | 6 g          |                      | %          |
| Protein                                                                                                                   | 4 g          |                      | %          |
| Vitamin A                                                                                                                 | Per Srv 0%   | Vitamin C            | Per Srv 0% |
| Calcium                                                                                                                   | 2%           | Iron                 | 8%         |
| *Percent DailyValues are based on a 2,000 calorie diet.Your daily values may be higher or lower depending on your calorie |              |                      |            |
|                                                                                                                           | Calories     | 2,000                | 2,500      |
| Total Fat                                                                                                                 | Less than    |                      |            |
| Sat. Fat                                                                                                                  | Less than    |                      |            |
| Cholesterol                                                                                                               | Less than    |                      |            |
| Sodium                                                                                                                    | Less than    |                      |            |
| Total Carbohydrate                                                                                                        |              |                      |            |
| Dietary Fiber                                                                                                             |              |                      |            |
| Calories per gram                                                                                                         |              |                      |            |
| Fat                                                                                                                       | Carbohydrate |                      | Protein    |

Handling Suggestions

Keep frozen until ready to use. Do not refreeze.

Serving Suggestions

For best results: Frozen vegetables should not be over cooked.

Prep & Cooking Suggestions

Place vegetables in boiling water (enough to barely cover product). Bring to a second boil, reduce heat, cook for 2 to 4 minutes or until tender. Drain and serve. Microwave: Microwave all frozen vegetables on high in a covered glass baking dish. From frozen state average cooking time is 3 to 6 minutes. Stir vegetables halfway through cooking time. For best results, pierce vegetables with fork to check desired texture. Do not refreeze thawed product. If thawed, cook immediately.

✎ Product Specifications

| Brand                |            | Manufacturer   |                   | Product Category     |                 |
|----------------------|------------|----------------|-------------------|----------------------|-----------------|
| VY/FR                |            | Valley Fresh   |                   |                      |                 |
| MFG #                | SPC #      | GTIN           | Pack              | Pack Desc.           |                 |
| CHINA                | 090650     | 10813133012164 |                   | 12/2.5 #             |                 |
| Gross Weight         | Net Weight | Catch Weight   | Country of Origin | Kosher               | Child Nutrition |
| 32 lb                | 30 lb      | No             | CHN               |                      |                 |
| Shipping Information |            |                |                   |                      |                 |
| Length               | Width      | Height         | Volume            | TlxHl                | Shelf Life      |
| 16.5 in              | 10 in      | 9.75 in        | 0.93 ft3          | 10x6                 | 365 DAYS        |
|                      |            |                |                   | Storage Temp From/To |                 |
|                      |            |                |                   | 0°F / 32°F           |                 |



Nutrition Analysis

|                        |         |                     |      |              |         |
|------------------------|---------|---------------------|------|--------------|---------|
| Calories               | 70 kcal | Total Fat           | 0 g  | Sodium       | 115 mg  |
| Protein                | 4 g     | Trans Fats          | 0 g  | Calcium      | 37.5 mg |
| Total Carbohydrates... | 14 g    | Saturated Fat       | 0 g  | Iron         | 1.5 mg  |
| Sugars                 | 6 g     | Polyunsaturated Fat |      | Potassium    | 253 mg  |
| Dietary Fiber          |         | Monounsaturated Fat |      | Zinc         |         |
| Lactose                |         | Cholesterol         | 0 mg | Phosphorus   |         |
| Sucrose                |         |                     |      |              |         |
| Vitamin A(IU)          |         | Vitamin D           |      | Thiamin      |         |
| Vitamin A(RE)          |         | Vitamin E           |      | Niacin       |         |
| Vitamin C              |         | Folate              |      | Riboflavin   |         |
| Magnesium              |         | Vitamin B-6         |      | Vitamin B-12 |         |
| Monosodium             |         | Sulphites           |      | Nitrates     |         |

 Additional Images

