



Global Village Foods
100139 - African No Nut Stew Vegan

Toasted Sunflower Seed gives a nut-like flavor (with NO PEANUTS) to a spicy ginger infused sauce, accenting yams, organic corn and other sweet vegetables, served with a hearty brown rice blended with nutrient rich millet. Sell frozen shelf or slack & date 7 days for PFD Grab & Go.



Nutrition Facts

Servings per Container	1
Serving size	11.5OZ
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 62g	23%
Dietary Fiber 9g	32%
Total Sugars 6g	
Includes 0g Added Sugar	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2.5mg	15%
Potassium 630mg	15%
* The % Daily Value (DV) 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.	

* Benefits

AFRICAN NO-NUT VEGETABLE STEW
VEGAN / GLUTEN FREE / Dairy, Egg, Nut, Sesame & Seafood FREE
Toasted Sunflower Seed gives a nut-like flavor (with NO PEANUTS) to a spicy ginger infused sauce, accenting yams, organic corn and other sweet vegetables, served with a hearty brown rice blended with nutrient-rich millet. These individually packaged, heat-and-serve meals sell great from frozen shelf or can be thawed, dated for 7 days and presented from prepared-food grab & go case. Easy and complete warming instructions, product and brand information included to engage quality conscious buyers at the point of sale.

Ingredients

Yams, Carrots, Turnips, Organic Non-GMO Corn, Spinach, Sunflower Seed Butter, Onion, Arrowroot Flour, Flax Seed, Ginger, Garlic, Paprika, Berbere Spice, Black Pepper, Salt. Brown Rice, Millet, Sunflower Oil, Salt.

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Keep frozen. If thawed use within 7 days. UNIT UPC: 865130000029

Serving Suggestions

Sell direct to consumer from : 1) frozen case, 2) slack and add 7 day date, sell from Grab & Go case

Prep & Cooking Suggestions

MICROWAVE: From frozen (If thawed, half the times below)
1) Peel corner of film & heat on HIGH for 3 min.,
2) Stir, add 1-2 tsp water if desired, and heat 1-2 more min.
3) Let stand 1 minute before enjoying
OVEN: Thaw meal before warming
1) Remove carton and plastic film
2) Heat on baking sheet at 350 for 30-35 min.
3) Add 1-2 tsp water, stir, heat 10-15 more min.

✍ Product Specifications

Brand			Manufacturer			
Global Village Foods			Global Village Foods			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
865130000029	rNONUT	100139	10865130000026		6/11.5 OZ	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
4.85lb	4.35lb	United States	No			
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11in	7in	7in	0.31ft3	23x9	270days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	390	Total Fat	13g	Sodium	420mg
Protein	10	Trans Fats	0g	Calcium	80mg
Total Carbohydrates...	62g	Saturated Fat	1.5g	Iron	2.5mg
Sugars	6g	Added Sugars	0g	Potassium	630mg
Dietary Fiber	9g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

