



Global Village Foods  
100159 - African No Nut Stew Vegan

African No-Nut Stew (BULK ENTREE)  
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.



\* Benefits

African No-Nut Vegan Stew (Bulk):  
VEGAN / GLUTEN FREE / Dairy, Egg, Nut, Sesame & Seafood FREE  
Toasted Sunflower Seeds give a nut-like flavor (with NO PEANUTS) to a sweet and spicy ginger infused sauce with yams, organic corn and other vegetables. Ready to heat and serve from boil/steam bag. Perfect to add flavor diversity and menu options on any hot bar service line.

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

Nutrition Facts

Servings per Container 20  
Serving size 7.00Z (7oz)

Amount per serving  
Calories 190

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugar	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.6mg	10%
Potassium 500mg	10%

\* 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.

Handling Suggestions

KEEP FROZEN Slack 1 -2 days before use (good for 7 days once thawed) can be heated from frozen with additional time allowed for slower gentle warming

Serving Suggestions

HEAT & SERVE on Hot Bar line with Brown rice or other staple Can be served as entree to hot or cold, individually portioned, service line meal.

Prep & Cooking Suggestions

1) Slack amount needed, 1-2 days before use (if possible) 2) submerge bags in simmering water or place in steamer (allow longer time if starting from frozen) 3) check temp by folding bag over probe thermometer, till 165 temperature is reached serve from hot bar

✍ Product Specifications

Brand	Manufacturer
Global Village Foods	Global Village Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	veNONUT	100159	00860008177735		2/5 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.75lb	10lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	10in	6in	0.42ft3	16x10	270days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	190	Total Fat	11g	Sodium	420mg
Protein	6	Trans Fats	0g	Calcium	80mg
Total Carbohydrates...	20g	Saturated Fat	1g	Iron	1.6mg
Sugars	6g	Added Sugars	0g	Potassium	500mg
Dietary Fiber	6g	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-12•	
Monosodium		Sulphites		Nitrates	

 Additional Images

