

## Flav-R-Pac 109079 - **Peas And Carrots**

FROZEN vegetables are picked and packed in just hours, at their peak of ripeness, optimal flavor and maximum nutritional value. FROZEN and properly stored vegetables lock in nutrients and important vitamins. Quick freezing stops the nutrient loss.



WESTPAC ClassicVe Peas and	Nutrition FactsServings per Container0Serving size90.0g (90g)			
Peas and		Amount per serving Calories	50	
	% Daily Value*			
100 2000		Total Fat Og	0%	
HOLL OF CUR	Saturated Fat 0g	0%		
	Trans Fat 0g			
	Cholesterol 0mg			
<b>★</b> Benefits		Sodium 135mg	6%	
		Total Carbohydrate 10g	3%	
FROZEN vegetables are picked ar peak of ripeness, optimal flavor a		Dietary Fiber 3g	12%	
peak of riperiess, optimal havor a	Total Sugars 4g			
		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 3g		
ingreatents	Attergens			
peas, carrots, salt	Free From:	Vitamin D 0mcg	0% 2%	
peas, carrois, sait	(Sp) crustaceans (O) eggs (Sp) fish (A) milk	Calcium 20mg		
		Iron 0.5mg		
	Speanuts 🛞 sesame 🕲 soy 🛞 tree nuts	Potassium 0mg	0%	
	() wheat	* 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	Product Specifications							
keep frozen	Brand Flav-R-Pac				Manufacturer PNW Veg Co LLC			
Serving Suggestions	UPC	MFG	# S	PC #	G	TIN	Pack	Pack Desc.
foodservice package		109079 1090		9079	00048800220372			1/20 LB
Prep & Cooking Suggestions	Gross V 31.5		Net We 20lb		Country of United St		Kosher No	Child Nutrition
cook according to package directions	Shipping Information Length Width Height Volume TIxHI Shelf Life Storage Temp From/To							
	12.13in	9.88in	9.38in	0.65ft	t3 15x6	365days		-5°F / -2°F





## Flav-R-Pac 109079 - **Peas And Carrots**



FROZEN vegetables are picked and packed in just hours, at their peak of ripeness, optimal flavor and maximum nutritional value. FROZEN and properly stored vegetables lock in nutrients and important vitamins. Quick freezing stops the nutrient loss.

Nutrition Analysis - By Measure

Calories	50	Total Fat	Og	Sodium	135mg
Protein	3	Trans Fats	Og	Calcium	20mg
Total Carbohydrates…	10g	Saturated Fat	Og	Iron	0.5mg
Sugars	4g	Added Sugars	Og	Potassium	0mg
Dietary Fiber	3g	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



