

## Kitchen Essentials Peas & Carrots, IQF, 30 Lb Bag, 1/Case

#412860 | GTIN: 10009390141925 | 30 Pounds/Bag, 1 Bag/Case

Kitchen Essentials is a collection of dependable and economically-priced food service basics. This brand contains products such as canned fruits and vegetables, budget-friendly ingredients and disposable takeout containers and napkins.

### PRODUCT DESCRIPTION

- This vegetable blend consists of 60% sweet, green peas and 40% diced carrots. Use it alone as a side dish, or as an ingredient in other recipes.
- Peas and carrots are a popular side dish, and this product is delicious on its own or with added ingredients or seasonings.
- Serve this in school cafeterias, healthcare institutions and other applications, either as a side or in soups or casseroles.
- Products that are individually quick frozen ensure freshness and allow for easy separation while frozen.
- One can yields approximately 151, two-thirds-cup servings.
- These peas and carrots come in 30-pound bags.

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### Basic Preparation

PACKAGING: BULK PRODUCT IN POLY LINER IN CORRUGATE BOX. PREP. INSTRUCTIONS: PLACE IN MINIMUM AMOUNT OF BOILING WATER WHILE STILL FROZEN. THE LOW TEMPERATURE OF THE FROZEN VEGETABLE WILL COOL WATER AND STOP BOILING. BRING TO SECOND BOIL AND COOK UNTIL TENDER. AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. SEASON TO TASTE.

### Item Yield

1 Case = 480 Ounces of Peas & Carrots, IQF

### Shelf Life

730 days

### Packaging & Storage

#### Weight

30.00 lb

#### Dimensions

11.13 x 9.44 x 15.06 inches / 28.26 x 23.97 x 38.26 cm

### Vendor

Name: Limson Trading (Geneva, IL) LIMSON TRADING

Item #: 412860

### Ingredients

Peas, carrots. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated May 2022. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.



Rounding: True

<b>Nutrition Facts</b>	
<b>Serving Size</b>	0.67 cup (90g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>45</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
PolyUnsat. Fat n/a	
MonoUnsat Fat n/a	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 85mg	4%
<b>Total Carbohydrate</b> 10g	3%
Fiber 4g	16%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	6%
<b>Vitamin D</b> mcg 0mcg	n/a
<b>Calcium</b> 25mg	3%
<b>Iron</b> 1mg	6%
<b>Potassium</b> 168mg	5%
<p>* 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.</p>	

<b>School Equivalents</b>	
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit	n/a
Grain/Breads	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

<b>Minerals</b>	
Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

<b>Fat Soluble Vitamins</b>	
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	n/a
<b>Water Soluble Vitamins</b>	
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin C	n/a
Vitamin B6	n/a
Vitamin B12	n/a

### Movement

You have never ordered this product, but you should. What are you waiting for?

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