



FOODSERVICE



5-GRAIN BLEND

Nutrition Facts

Serving Size: 1 cup (142g)/Servings
About 8 per bag
About 48 per container

Amount Per Serving		
Calories 120	Calories from Fat 70	
		% Daily Value*
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 9g		3%
Dietary Fiber 5g		20%
Sugars 6g		
Protein 2g		
Vitamin A 140%	Vitamin C 10%	
Calcium 4%	Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:		
Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

INGREDIENTS | Cooked Barley, Cooked Wild Rice, Cooked Wheat Berries, Cooked White Quinoa, Cooked Red Quinoa, Extra Virgin Olive Oil, Garlic, Sea Salt.

CONTAINS | Wheat.

WEIGHT

2.5 lbs per bag | 15 lbs per case

CASE PACK

6

PREPARATION

Microwave/Stovetop

CASES PER PALLET

100

NEW WEIGHT PER PALLET

1500 lbs

TI/HI

10x10

STORAGE

Shelf Life 12 Months

Storage Method Frozen

PRODUCED IN AN SQF LEVEL 3 FACILITY



POLFOODSERVICE.COM

