



# FOODSERVICE



## ANCIENT GRAINS & SEED BLEND

WITH ROASTED PUMPKIN SEEDS



BUCKWHEAT IS ACTUALLY A FRUIT SEED THAT IS RELATED TO RHUBARB AND SORREL

### Nutrition Facts

About 2 servings per container

Serving Size **1 cup (125g)**

	per serving		per package	
	<b>180</b>		<b>400</b>	
	% Daily Value*		% Daily Value*	
<b>Calories</b>				
<b>Total Fat</b>	6g	8%	13g	17%
Saturated Fat	1g	5%	2g	10%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	270mg	12%	610mg	27%
<b>Total Carbohydrate</b>	28g	10%	63g	23%
Dietary Fiber	2g	7%	5g	18%
Total Sugars	0g		0g	
Incl. Added Sugars	0g	0%	0g	0%
<b>Protein</b>	4g		10g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	13mg	2%	30mg	2%
Iron	1mg	6%	2mg	10%
Potassium	127mg	2%	288mg	6%

\*The % Daily Value 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.

**INGREDIENTS** | Grain Blend (Water, Brown Rice, Millet, Red Quinoa, Buckwheat), Roasted Salted Pumpkin Seeds (Pumpkin Seed Kernels, Sunflower Oil, Salt), Olive Oil, Salt.

#### 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

#### PRODUCT CERTIFICATIONS

#### PRODUCED IN SQF LEVEL 3 FACILITY



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