



# FOODSERVICE



## TUSCAN QUINOA BLEND

WITH KALE, FIRE ROASTED MUSHROOMS & WHITE BEANS  
MADE WITH ORGANIC QUINOA



DID YOU KNOW  
BEANS ARE ALSO  
CALLED PULSES?

### Nutrition Facts

About 2 servings per container

Serving Size 1 1/4 cup (147g)

	per 1 1/4 cup		per package	
	190		360	
	% Daily Value*		% Daily Value*	
<b>Calories</b>				
<b>Total Fat</b>	6g	8%	12g	15%
Saturated Fat	1g	5%	1.5g	8%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	410mg	18%	800mg	35%
<b>Total Carbohydrate</b>	27g	10%	53g	19%
Dietary Fiber	3g	11%	7g	25%
Total Sugars	1g		2g	
Incl. Added Sugars	0g	0%	0g	0%
<b>Protein</b>	6g		12g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	70mg	6%	135mg	10%
Iron	2mg	10%	5mg	30%
Potassium	380mg	8%	734mg	15%

\*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 and Bean Blend (Water, Organic Brown Rice, Organic White Quinoa, Organic Red Quinoa, White Beans), Organic Kale, Mushrooms, Olive Oil, Organic Garlic, Salt, Black Pepper.

#### 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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