



Blend, Farro, Red Quinoa, and Rice, IQF

Product Details:

Item Number: 618590
Pack Size: 12 / 2lb.
Serving Per Case: 61
Net Weight: 24 lbs.
Kosher: Yes
Meal Contribution: 2 GRN
Class: Always Available
Shelf Life: 18 months
Temperature Class: Frozen
Cook State: Fully Cooked
GTIN-12 UPC:
GTIN-14: 00810358033168

Sales Price Per LB: N/A
Case Price: N/A

Ingredients:

Water, Brown Rice, Red Quinoa and Farro

Allergen Statement:

Gluten

Benefits and Suggested Use:

This wonderful blend is made up of 40% Brown Rice, 30% Red Quinoa, and 30% Farro. This is a well-balanced blend that can be used as a side or as a component for the main entree. This perfectly balanced brown rice quinoa farro blend is ready to use inside dishes or bowl entrees. Ready to use with no heating required. This product is Non-GMO and All Natural.

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size	6.24 oz. (1 c)
Amount Per Serving	
Calories	220
	% Daily Value *
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0.2%
Total Carbohydrate 43g	5%
Dietary Fiber 2mg	15%
Total Sugars .6g	
Incl. Added Sugars 0g	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 2mg	10%
Potassium 230mg	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.

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Preparation and Additional Information:

Instructions for Preparation and Cooking:

The product is ready to eat. No cooking or heating is required.

If heating is desired product can be microwaved, steamed, or sautéed.

For the microwave: Poke a small hole in the bag and microwave for about 5-6 mins per bag. these times may vary based on the type and power of the microwave.

Boil in a bag/Steam in bag: Place bag in boiling water or steamer for 5-10 minutes (2 lbs)

Sautee: Preheat the pan and add a small amount of oil. Add product and cook until heated.

Logistics Information:

Gross Weight: 25 lbs

Case Dimensions: 16.14 X 12.20 X 7.48

Pallet Count: 56

Double Stack: No

Cube: 0.852

Block and Tier: 7 and 8

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

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