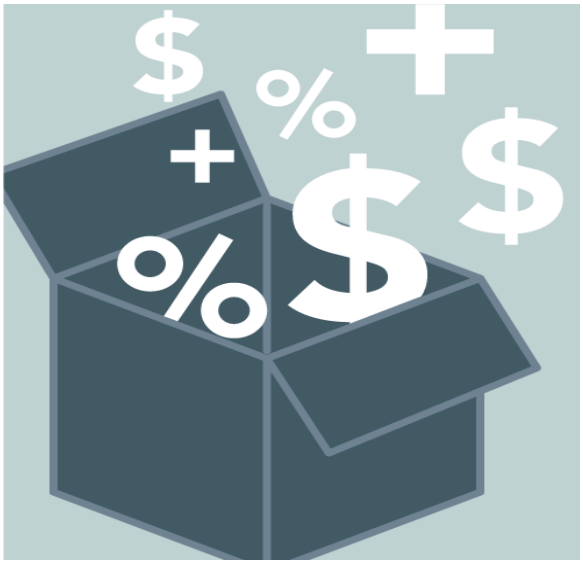
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National food group



Amaranth, IQF, FC, (40 lb. Bulk)

Product Details:

Item Number: 619636
Pack Size: 40 lb. bulk
Serving Per Case: 182
Net Weight: 40 lbs.

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

Kosher: Yes
Meal Contribution:
Class: Always Available
Shelf Life: 18 months
Temperature Class: Frozen
Cook State: Fully Cooked
GTIN-12 UPC:
GTIN-14:

Ingredients:

Water, Amaranth

Allergen Statement:

None

Nutrition Facts

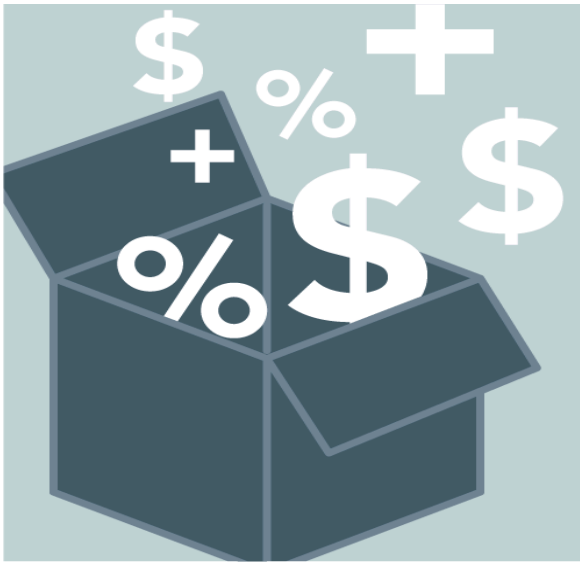
This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size	3.5 oz.
Amount Per Serving	
Calories	**103**
	% Daily Value *
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 6mg	**0.2%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	**8%**
Total Sugars 0.47g	
Incl. Added Sugars 0g	**0%**
Protein 3.8g	–
Vitamin D 0mcg	0%
Calcium 47mg	4.7%
Iron 2mg	11%
Potassium 135mg	–

* 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.

National Food Group
Email: info@nationalfoodgroup.com . **Direct:** 800.886.6866
Fax: 248.669.3000
46820 Magellan Dr., Suite A, Novi, MI 48377-2454
www.nationalfoodgroup.com . **Call Toll Free:** 800.886.6866

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Amaranth, IQF, FC, (40 lb. Bulk)

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: 41 lbs
Case Dimensions: 0 X 0 X 0
Pallet Count: 64
Cube: 0
Block and Tier: 8 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.

National Food Group
Email: info@nationalfoodgroup.com . **Direct:** 800.886.6866
Fax: 248.669.3000
46820 Magellan Dr., Suite A, Novi, MI 48377-2454
www.nationalfoodgroup.com . **Call Toll Free:** 800.886.6866