



# RoastWorks - Rstd Corn&Black Bean 6/2.5#



Flame-roasted corn, onions, red and green peppers with black beans and tomatoes. Seasoned with a hint of lime and spices.

Product Last Saved Date:21 August 2018

## Nutrition Facts

72 Servings per container  
Serving Size **2/3 cup (96g)**

Amount Per Serving  
**Calories 100**

% Daily Value\*

**Total Fat** 2.5 g **4%**

Saturated Fat .5 g **3%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 140 mg **6%**

**Total Carbohydrate** 16 g **5%**

Dietary Fiber 4 g **16%**

Total Sugars 5 g

Includes g Added Sugars **%**

**Protein** 4 g

Vitamin D mg %

Calcium mg 2%

Iron mg 6%

Potassium mg %

\*The % Daily Values (DV) 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.

### Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
1007117977762	650104	1007117977762	6 X 2.5 LBR	

Brand	Brand Owner	GPC Description
RoastWorks	J. R. Simplot Company	Vegetables – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.250 LBR	15.000 LBR	USA, CAN	No	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.625 INH	9.875 INH	7.625 INH	0.5937 FTQ	15x8	540 None	-10 FAH / 10 FAH

### Ingredients :

Sweet Corn, Cooked Black Beans, Tomato, Onion, Green Bell Pepper, Red Bell Pepper. Contains Less than 2% of Brown Sugar, Citric Acid, Dehydrated Vegetables (Onion, Bell Pepper, Garlic), Lime Juice Powder (Lime Juice Concentrate, Modified Food Starch, Maltodextrin, Citric Acid), Natural Flavor (Including Grill and Smoke), Olive Oil, Salt, Spices, Sugar, Yeast Extract

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

### Handling Suggestions :

6/2.5 lb

### Benefits :

\*Flame-roasted corn, onions, and red and green peppers are blended with black beans and tomatoes seasoned with Cuban-influenced spices. \*Excellent color contrast for added plate appeal.

### Serving Suggestions :

Makes a great side dish or ingredient in your own salsa. BBQ chopped salad, Chicken avocado ceasar salad, Fiesta chicken wrap, Fiesta Tostada, Mole pizza, Pescado con salsa de Maiz y Frijoles negros, Pork borracho wrap, Roasted corn black bean salsa.

### More Information :

### Prep & Cooking Suggestions :

Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.