

**SKU:**

10071179662662

Packaging: 8/3lb.**Net Weight:** 24.00**Gross Weight:** 25.50**Case Cube:** 1.24**Tie/High:** 8x5**Nutrition Facts**

Serving Size 3 oz (85g) frzn

Amount Per Serving

Calories 30 Calories from fat 0

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrates 5g 2%

Dietary Fiber 2g 8%

Sugars 2g

Protein 1g

Vitamin A 2% • Vitamin C 30%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Catalina Blend**Product Benefits**

- Brilliant color and larger pieces for fresh, hand-cut appearance.
- Outstanding plate coverage and higher yields.

Specifications

- 40% Broccoli florets.
- 30% Whole Green Beans.
- 20% Yellow Carrots.
- 10% Red Pepper Strips.

Prep Instructions

- **STOVE TOP:** Cook 3 lbs on high for 6 minutes. Stir.
- **STEAMER:** Arrange vegetables in a slotted full-size steam table pan. Cook 3 lbs for 4 to 5 minutes.
- **MICROWAVE (2200 watts):** Place 4 oz. of vegetables in microwave dish with 1 tbsp water. Cover. Cook on high for 1 minute.

Menu Suggestions

- Serve as a side.
- Use in stir fries, hearty stews, and potpies.
- Toss with pasta or rice for a satisfying vegetarian entree.

Ingredients

Broccoli, whole green beans, yellow carrots, red pepper strips.