



FLAVOR PAC

00016491 - Veg, Carrots Sunshine

This blend of orange and yellow bias-cut carrots, with bright, appealing color and naturally delicious flavor, is the ideal way to bring a little sunshine to any meal.



NICHOLAS  
AND COMPANY



\* Benefits

FLAV-R-PAC frozen vegetables are picked and packed at their peak of ripeness, optimal flavor and maximum nutritional value. Frozen vegetables are never out of season, so you can benefit from consistency all year round and 100% yield.

Ingredients

Carrots and Yellow Carrots.

⚠ Allergens

Free From:

- crustaceans
- shellfish
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container 20  
Serving size 2/3cup (85g)

Amount per serving  
Calories 35

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 8g	2%
Dietary Fiber 3g	10%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0µg	0%
Calcium 27mg	2%
Iron 0mg	0%
Potassium 170mg	3%

\* The % Daily Value (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.

Handling Suggestions

Keep frozen until ready to use.Store at or below 0F (-18C)

Serving Suggestions

COLD CARROT AND RAISIN SALAD  
Cook and cool carrots. Place carrots in a large salad bowl with raisins and chopped green onions. Toss salad with mayonnaise, plain yogurt, lemon juice and salt and pepper. Serve as a cold salad or accompaniment.

CARROTS AND CARMELIZED ONIONS  
Saut sliced onions in butter, brown sugar and orange zest (rind). Toss onions with hot steamed carrots and serve.

Prep & Cooking Suggestions

Stove Top:  
Place contents of 1 bag Sunshine Carrots in a 6 quart pan. Add cup water and bring to a full boil over high heat. Gently separate the vegetables with a wooden spoon if necessary. Reduce heat to medium; cover and cook gently for 15 to 17 minutes. Drain and serve. Season to taste.

Microwave:  
Place of bag of vegetables in microwave safe dish and add 3 Tablespoons of water for lower wattage oven. Cover and cook on High for 7 minutes stirring once and cooking an additional 7 minutes. Allow to stand for 3 minutes. Season and serve.

✏ Product Specifications

Brand	Manufacturer	Product Category
FLAVOR PAC	PNW VEG CO., LLC dba NORPAC	Vegetables, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
11491	00016491	10048800114913	6	6 / 4.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
26lb	24lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.38in	10.38in	8.75in	0.91ft3	9x8	730DAYS	-10°F / 0°F



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Nutrition Analysis - By Serving

Calories	35D70	Total Fat	0g	Sodium	50mg
Protein	1g	Trans Fats	0g	Calcium	27mg
Total Carbohydrates...	8g	Saturated Fat	0g	Iron	0mg
Sugars	3g	Added Sugars	0g	Potassium	170mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

