






Let's  
Grow  
Together.



# IQF California Mixed Vegetables

Suggested serving shot



<b>100% Natural</b>	<p><b>Product description</b> Our vegetables are harvested at the peak of maturity. They are carefully selected, washed, blanched and immediately individually quick frozen to lock in the great taste and nutrition.</p> <p><b>Preservation</b> Keep frozen at 0°F or -18°C or below. Do not refreeze once thawed. Can be kept in the refrigerator for 24 hours in a sealed container.</p> <p><b>Ingredients:</b> Broccoli florets, cauliflower florets, crinkle sliced carrots</p> <p><b>Preparation:</b> For better results use from frozen. Remove the desired amount and immediately return any unused product to the freezer. <i>*Cook before consuming</i></p> <p><b>Suggestion:</b> Ideal in your favourite recipes or simply as a great accompaniment to any entree. Just drizzle with melted butter or sprinkle with your preferred vegetable seasoning.</p>
Product #: 50911 Format: 6 x 2 kg	
Product #: 26085 Format: 8 x 1 kg	
<p><b>Cooking Method</b></p> <p> Medium high heat 4-5 minutes</p> <p> Medium-high heat 4-6 minutes</p> <p> High power 3-4 minutes</p>	

<b>Nutrition Facts</b> <b>Valeur Nutritive</b>	
Per 3/4 cup (85 g) Pour 3/4 tasse (85 g)	
<b>Calories 25</b>	% Daily Value*
<b>Fat / Lipides</b> 0.3 g	1%
Saturated / Saturés 0.1 g	1%
+ Trans / Trans 0 g	
<b>Carbohydrates / Glucides</b> 5 g	
Fibre / Fibers 2 g	7%
Sugars / Sucres 2 g	2%
<b>Protein / Protéines</b> 2 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 35 mg	2%
Potassium 250 mg	5%
Calcium 30 mg	2%
Iron / Fer 0.4 mg	2%
Vitamin A / Vitamine A 200 mcg	22%
Vitamin C / Vitamine C 40 mg	44%
Vitamin D / Vitamine D 0 mcg	0%
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

New Alasko L.P.

6810 boul. des Grandes-Prairies, Montreal, QC H1P 3P3 | T 514.328.6661 | F 514.328.9877 | 1.888.925.2756 | www.alasko.com