






**Let's
Grow
Together.**



IQF Fajita Mix

Suggested serving shot



100% Natural	<p>Product description 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>
Product #: 50906 Format: 6 x 2 kg	<p>Preservation 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>
Product #: 26093 Format: 8 x 1 kg	<p>Ingredients: Red pepper, green pepper, yellow pepper, onion strips</p>
<p>Cooking Method</p> <p> Medium high heat 4-5 minutes</p> <p> Medium-high heat 4-6 minutes</p> <p> High power 3-4 minutes</p>	<p>Preparation: 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>Suggestion: Excellent in stir fry's, wraps, gourmet sandwiches, crepes and salads; or incorporate into your favorite recipe and serve as a side with meat or fish.</p>

Nutrition Facts Valeur Nutritive	
Per 3/4 cup (85 g) Pour 3/4 tasse (85 g)	
Calories 20	% Daily Value*
Fat / Lipides 0.1 g	1%
Saturated / Saturés 0 g	0%
+ Trans / Trans 0 g	
Carbohydrates / Glucides 5 g	
Fibre / Fibers 1 g	4%
Sugars / Sucres 0 g	0%
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 5 mg	1%
Potassium 100 mg	2%
Calcium 10 mg	1%
Iron / Fer 0.4 mg	2%
Vitamin A / Vitamine A 20 mcg	2%
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	

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