

**Arctic
Gardens**®

**ROASTING
VEGETABLES
ASPARAGUS
& RED
POTATOES**

Simplify your operations
with our colorful
and tasty blend.



IDEAL AS A SIDE DISH AND MORE!



ARCTIC GARDENS
Roasting vegetables
10055686110106

4 x 4.4 lbs

- Low in fat
- Source of fiber
- Cholesterol-free
- Source of potassium

Ingredients

Diced roasted red potatoes, bias cut carrots, asparagus cuts and tips, diced red onions, canola oil, light seasoning

Nutrition Facts

servings per container	
Serving size	3/4 cup (85g)
Amount per serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 230mg	4%

*The % Daily Value 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.



- **Easy to use**
Pre-washed, pre-cut and ready-to-cook increases labor efficiencies, zero product waste due to long shelf life
- **Smooth texture**
Ideal size of each vegetable to guarantee a smooth texture
- **High food quality & safety**
Picked at the peak of maturity, certified by at least one Global Food Safety Initiative (GFSI), traceability
- **Easy to cook**
Ready in about 6-7 minutes in combi oven
Stir fry for about 12-14 minutes
- **Customizable**
Light coating enables you to add your personal twist



FOR MORE RECIPE INSPIRATION, VISIT [ARCTICGARDENSFODSERVICE.COM](https://www.arcticgardensfoodservice.com)