

**Arctic  
Gardens**®

# **ROASTING VEGETABLES ASPARAGUS & RED POTATOES**

Simplify your operations with our colourful and tasty blend.



# IDEAL AS A SIDE DISH AND MORE!



ARCTIC GARDENS  
Roasting vegetables  
27774

4 x 2 kg

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

Valeur nutritive Nutrition Facts	
pour 2/3 tasse (85 g) Per 2/3 cup (85 g)	
Calories 70	% valeur quotidienne * % Daily Value *
<b>Lipides / Fat</b> 2 g	3 %
saturés / Saturated 0 g	
+ trans / Trans 0 g	0 %
<b>Glucides / Carbohydate</b> 11 g	
Fibres / Fibre 2 g	7 %
Sucres / Sugars 2 g	2 %
<b>Protéines / Protein</b> 2 g	
<b>Cholestérol / Cholesterol</b> 0 mg	
<b>Sodium</b> 180 mg	8 %
<b>Potassium</b> 225 mg	5 %
<b>Calcium</b> 20 mg	2 %
<b>Fer / Iron</b> 0.75 mg	4 %
* 5% ou moins c'est peu. 15% ou plus c'est beaucoup * 5% or less is a little. 15% or more is a lot	

## Ingredients

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



- **Easy to use**  
Pre-washed, pre-cut and ready-to-cook increases labour 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 [ARCTICGARDENSFOODSERVICE.CA](http://ARCTICGARDENSFOODSERVICE.CA)