

Arctic Gardens[®]

FUSION BLEND

Offer a delicious and
colorful alternative
to traditional bean blends



COUNTLESS BENEFITS



ARCTIC GARDENS
Fusion Blend
90732
4 x 2 kg

Ingredients

Edamame, Black Beans, Super Sweet Corn

- **Time-saving**
Washed and trimmed beforehand
- **Ready-to-cook**
- **Great consistent texture**
Blanched; delivers same great texture every time
- **Clean label & healthy**
Filled with diverse nutrients

Nutrition Facts

servings per container
Serving size 2/3 cup (85g)

Amount per serving
Calories 90

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 16g 6%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 5g

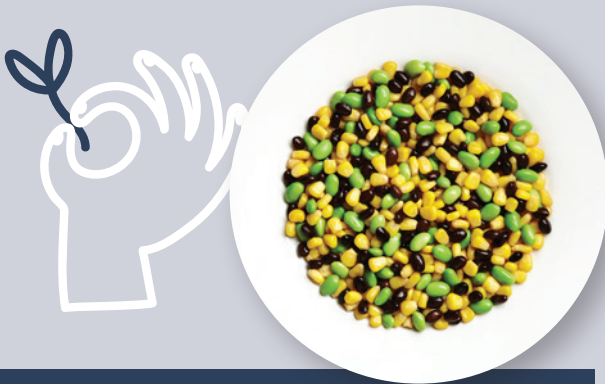
Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.3mg 8%

Potassium 290mg 6%

*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.



DID YOU KNOW ?

65%

of Gen Zs say they are looking for a **more plant-based** forward diet.

Source: Hartman Group, reported by Supermarket News: www.supermarketnews.com/health-wellness/gen-z-leading-generational-shift-plant-based-food-purchasing



FOR MORE INSPIRATION, VISIT ARCTICGARDENSFOODSERVICE.CA

RECIPE



ASIAN SALAD WITH MANGO AND GINGER



Preparation time: 15 minutes
Cooking time: 5 minutes



Portions: 25

Ingredients

Salad	
1 bag (2kg)	Arctic Gardens Fusion Blend
1 tsp (5ml)	Canola oil
½ bag (200g)	Uncooked rice vermicelli (yields 500g cooked)
⅓ cup (80g)	Red onion, finely sliced
1 ⅓ cup (160g)	Red pepper, julienned
1 ½ cup (160g)	Bean sprouts
Vinaigrette	
2 cups (200g)	Arctic Gardens Diced Carrots
½ cup (125ml)	Rice Vinegar
⅓ cup (170ml)	Mango juice
2 tsp (10g)	Fresh ginger, grated
2 tbsp (30ml)	Honey
½ cup (125ml)	Canola oil
2 tbsp (6g)	Fresh mint, chopped

Directions

1. Cook the Fusion Blend in boiling water or steam for 3 or 4 minutes. Rinse under cold water and set aside.
2. Thaw the carrots. At the same time, cook the rice vermicelli according to package instructions.
3. Sauté red peppers with canola oil.
4. In a processor, combine the diced carrots, rice vinegar, mango juice, fresh ginger, honey and canola oil.
5. Mix together all salad vegetables with the rice vermicelli. Dress with vinaigrette and garnish with chopped mint.

Nutrition Facts

servings per container	
Serving size	3.5 oz (100g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 260mg	6%

*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.

RECIPE



FUSION MEXICAN SOUP AS SEEN ON THE COVER



Preparation time: 15 minutes
Cooking time: 25 minutes



Portions: 25

Ingredients

1 bag (2kg)	Arctic Gardens Fusion Blend
3 cups (600g)	Diced red onion
5 tbsp (35g)	Chopped garlic
½ cup (125ml)	Vegetable oil
5 cups (750g)	Diced red bell peppers
2 L (5 cans of 398ml)	Diced tomatoes
5 tbsp (25g)	Chili seasoning
2 tbsp (5g)	Dried oregano
20 cups (5L)	Homemade chicken stock
1½ cups (150g)	Grated cheddar cheese

Directions

1. Heat oil in a large pot and sweat onion and garlic for 3 minutes.
 2. Add all remaining ingredients except the cheese.
 3. Bring to a low boil and cook for 20 minutes.
 4. Divide into bowls and top with grated cheddar.
- Option: Garnish with baked tortilla strips.

Nutrition Facts	
servings per container	
Serving size	3.5 oz (100g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 170mg	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.