



Zast Foods Corporation

ALLERGEN STATUS

- None

PRODUCTS AVAILABLE

Effortless Onions
Easy Going Edamame



Ravishing Raspberries
Blushing Strawberries
Loveable Sour Cherries
Four Very Bare Berries
Wild & Crazy Blueberries
Scrumptious Antioxidant

HANDLING INSTRUCTIONS

Keep frozen. Thaw desired amount and return remaining product to freezer immediately

FOR MORE INFORMATION CONTACT:

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carefree carrots

Frozen sliced carrots.

Locally harvested. All natural.

A fresh vegetable alternative.

Use in your favourite soups and sauces;
for more recipes visit: www.zastfoods.com/Recipes



PRODUCT INFORMATION				CASE INFORMATION			
Item #	UPC	Description	Pack size	Length (in)	Width (in)	Height (in)	Net Weight (lbs)
40402	800463404021	Carefree Carrots	12 x 500g	19.50	11.00	7.50	13.23
40602	800463406025	Ontario sliced Carrots IQF	5 x 1kg	19.50	11.00	7.50	11.02

PREPARATION: Cook from frozen. Stovetop: Add 2 cups of frozen sliced carrots to a pot of boiling water, simmer for 6-8 minutes or desired tenderness. Drain and season to taste. Microwave: In microwave container add 2 cups of frozen sliced carrots to ¼ cup of water, cover cook on high for 5-6 minutes or desired tenderness, drain and season to taste. As performance of individual ovens can vary, these are guidelines only. Cook thoroughly.

STORAGE: Refrigerate leftovers and use within 1-2 days.

DO NOT RE-FREEZE THAWED PRODUCT

Nutrition Facts Valeur nutritive	Amount / Teneur		% DV / % VQ*	
	Fat / Lipides	0 g		0%
	Saturated / saturés	0 g		0%
	+ Trans / trans	0 g		
Calories / Calories	25			
	Cholesterol / Cholestérol	0 mg		0%
	Sodium / Sodium	45mg		
	Vitamin A / Vitamine A		100%	
	Calcium / Calcium		2%	
	Carbohydrate / Glucides	5 g		2%
	Fibre / Fibres	2 g		8%
	Sugars / Sucres	1 g		
	Protein / Protéines	1 g		
	Vitamin C / Vitamine C			2%
	Iron / Fer			2%

Per 1/2 cup (68 g) / par 1/2 tasse (68 g)