



**SKU:**

1007117977762

**Packaging:** 6/2.5 lb

**Net Weight:** 15.00

**Gross Weight:** 16.25

**Case Cube:** 0.55

**Tie/High:** 15x10



**Nutrition Facts**

Serving Size 3-oz (85g) frzn

Amount Per Serving

Calories 110 Calories from fat 20

	% Daily Value *
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrates 19g	6%
Dietary Fiber 4g	18%
Sugars 4g	
Protein 4g	

Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Flame-Roasted Corn & Black Bean Fiesta**

**Product Benefits**

- Flame-roasted corn, onions, and red and green peppers are blended with black beans and tomatoes; seasoned with Cuban-influenced spices.
- Excellent color contrast for added plate appeal.
- Blend Ratio: 40% Roasted Cut Corn; 9% Roasted Yellow Onions; 4% Roasted Red Peppers; 7% Roasted Green Peppers; 25% Black Beans; 12% Tomatoes.

**Specifications**

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**Prep Instructions**

- **Microwave:** Place frozen blend in a microwave-safe dish. Cover. Microwave on HIGH, stirring half way through cook time. Let stand 2 minutes before serving.
  - *1100 watt microwave:* Cook 4 oz on HIGH for 1½ minutes.
  - *1100 watt microwave:* Cook 20 oz. on HIGH for 9 minutes.
  - *2200 watt microwave:* Cook 4 oz. for 35 seconds.
  - *2200 watt microwave:* Cook 20 oz. for 2 minutes.
- **Stove Top:** Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating.
- **Steamer:** Arrange product in a half-size steam table pan. Cover if needed. Steam for 15 minutes.

**Menu Suggestions**

- Makes a great side dish or ingredient in your own salsa.

**Ingredients**

Corn, Black Beans, Tomatoes, Bell Peppers, Onions, Soybean Oil, Seasoning (Salt, Brown Sugar, Spices, Chili Pepper, Dehydrated Onion, Lime Juice Powder [Corn Syrup Solids, Lime Juice Solids, Lime Oil, BHT], Autolyzed Yeast Extract, Dehydrated Garlic, Dehydrated Bell Peppers, Grill Flavor, Citric Acid, Natural Smoke Flavor, and Natural Flavoring).



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