

afia MEDITERRANEAN SIDE DISH

ZESTY ARTICHOKE & QUINOA



5lb
Resealable
Bag

A bright, citrusy plant-forward bowl inspired by Palestinian cuisines by the Mediterranean Sea.

UNIVERSITIES • HOTELS, RESORTS & CRUISES • HOT BARS

Nutrition Facts

About 20 servings per container

Serving size (116g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 21g **8%**

Dietary Fiber 2g **7%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.2mg 6%

Potassium 210mg 4%

* The % Daily Value (DV) 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.

INGREDIENTS: long grain rice, lemon dill dressing (water, sunflower oil, lemon juice concentrate, sumac, extra virgin olive oil, dill, yeast extract, parsley, garlic, salt, natural flavor, ground mustard), fava beans, artichoke, red quinoa (red quinoa, water, salt), roasted pumpkin seeds (pumpkin seeds, sunflower or safflower oil, salt), yeast extract, salt

Produced in a facility that may process wheat and sesame.

SPECIFICATIONS

UNIT WEIGHT: 5lbs

UNITS PER CASE: 2

CASE TOTAL WEIGHT: 10lbs

CASES PER PALLET: 176

SHELF LIFE (FROZEN): 24mo from production

 **STORAGE:** Keep Frozen



THIS PRODUCT IS A READY TO COOK - IT IS NOT RTE

AFIAFOODS.COM ♦   /afiafoods ♦ FOR MORE INFORMATION EMAIL: foodservice@afiafoods.com