



It's more relevant than ever to know where our food comes from. With Flav-R-Pac American Harvest™, you can be assured that every vegetable in our 15 blends was 100% domestically-grown.



Garden Blend



Support local farmers and serve meals with pride when you choose any of these versatile American-grown vegetable blends.



EDAMAME MEDLEY

Edamame, corn, carrots, red peppers



GARDEN BLEND

Broccoli, cauliflower, Italian type green beans, carrots, zucchini, yellow squash, red peppers



CASCADE BLEND

Yellow carrots, carrots, green beans



CHUCKWAGON CORN

Corn, green peppers, onions, red peppers



COUNTRY TRIO
Corn, carrots, green beans



ITALIAN BLEND
Zucchini, cauliflower, Italian type green beans, lima beans, red peppers



WILLAMETTE BLEND
Green beans, onions, red peppers



OREGON BEAN MEDLEY
Green beans, wax beans, carrots, kidney beans, peas, lima beans



SCANDINAVIAN BLEND
Peas, zucchini, green beans, carrots, onions



SOUTHWEST BLEND
Corn, black beans, poblano peppers, red peppers, onions



ITALIAN BLEND

Zucchini, cauliflower, Italian type green beans, lima beans, red peppers



OREGON BEAN MEDLEY

Green beans, wax beans, carrots, kidney beans, peas, lima beans



SOUTHWEST BLEND

Corn, black beans, poblano peppers, red peppers, onions



PREMIUM NORMANDY BLEND

Broccoli, cauliflower, carrots



IMPERIAL BLEND

Green beans, broccoli, onions, red peppers, mushrooms



PREMIUM WINTER BLEND
Broccoli, cauliflower



CAPRI BLEND
Carrots, green beans, yellow squash, zucchini



FAJITA BLEND
Red peppers, green peppers, yellow peppers, onions



NUTRITIONAL INFORMATION

	Serving Size	Calories per Serving	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Capri Blend	3/4 Cup (85g)	60	0	0	0	0	20	11	2	4	1	20	4	0	0	
Cascade Blend	3/4 Cup (79g)	30	0	0	0	0	40	6	2	3	<1	20	4	2	0	
Chuckwagon Corn	2/3 Cup (91g)	90	5	1	0	0	0	18	1	5	2	0	8	0	0	
Country Trio	2/3 Cup (83g)	60	0	0	0	0	20	11	2	4	1	20	4	0	0	
Edamame Blend	2/3 Cup (90g)	80	20	2.5	0	0	20	10	5	4	5	20	15	4	6	
Fajita Blend	3/4 Cup (79g)	25	0	0	0	0	5	5	<1	3	<1	4	45	0	0	
Garden Blend	3/4 Cup (75g)	25	0	0	0	0	15	4	1	2	1	10	25	2	0	
Imperial Blend	1 Cup (85g)	30	0	0	0	0	10	5	2	2	1	4	35	2	0	
Italian Blend	3/4 Cup (85g)	35	0	0	0	0	40	6	2	2	1	15	15	2	0	
Oregon Bean Medley	2/3 Cup (85g)	50	0	0	0	0	75	8	3	2	2	8	6	4	4	
Premium Normandy Blend	1 Cup (85g)	30	0	0	0	0	30	5	2	3	1	20	35	2	0	
Premium Winter Blend	1 Cup (80g)	25	0	0	0	0	20	4	2	1	2	4	50	2	0	
Scandinavian Blend	3/4 Cup (85g)	40	0	0	0	0	70	7	2	3	2	15	4	2	2	
Southwest Blend	2/3 Cup (89g)	80	5	1	0	0	70	15	6	4	4	4	20	0	4	
Willamette Blend	3/4 Cup (75g)	30	0	0	0	0	0	4	1	2	<1	2	10	2	0	

PACK INFORMATION

	Key Information (see legend below)	CAT #	Pack Size (oz)	GTIN	Gross Case Weight (lbs)	Case Cube	Pallet Pattern	Outside Case Dimensions
Capri Blend	● ■ ▼	03890	6/4	10048800038905	26 lbs	1.21	7 x 9	19 3/8 x 12 3/8 x 8 3/4
Cascade Blend	● ■ ▼	03805	6/4	10048800038059	26 lbs	1.21	7 x 9	19 3/8 x 12 3/8 x 8 3/4
Chuckwagon Corn	● ■ ▼	03896	6/4	10048800038967	26 lbs	1.21	7 x 10	19 3/8 x 12 3/8 x 7 1/4
Country Trio	● ■ ▼	03893	6/4	10048800038936	26 lbs	1.21	7 x 10	19 3/8 x 12 3/8 x 7 1/4
Edamame Blend	● ■ ▼	03840	6/4	10048800038400	26 lbs	1.21	7 x 10	19 3/8 x 12 3/8 x 7 1/4
Fajita Blend	● ■ ▼	03806	6/4	10048800038066	26 lbs	1.21	7 x 9	19 3/8 x 12 3/8 x 8 3/4
Garden Blend	● ■ ▼	03804	6/4	10048800038042	26 lbs	1.21	7 x 9	19 3/8 x 12 3/8 x 8 3/4
Imperial Blend	● ■ ▼	03808	6/4	10048800038080	26 lbs	1.21	7 x 9	19 3/8 x 12 3/8 x 8 3/4
Italian Blend	● ■ ▼	03891	6/4	10048800038912	26 lbs	1.21	7 x 8	19 3/8 x 12 3/8 x 9 3/4
Oregon Bean Medley	● ■ ▼	03841	6/4	10048800038417	26 lbs	1.21	7 x 10	19 3/8 x 12 3/8 x 7 1/4
Premium Normandy Blend	● ■ ▼	03892	6/4	10048800038929	26 lbs	1.21	7 x 9	19 3/8 x 12 3/8 x 8 3/4
Premium Winter Blend	● ■ ▼	03894	6/4	10048800038943	26 lbs	1.21	7 x 9	19 3/8 x 12 3/8 x 8 3/4
Scandinavian Blend	● ■ ▼	03895	6/4	10048800038950	26 lbs	1.21	7 x 10	19 3/8 x 12 3/8 x 7 1/4
Southwest Blend	● ■ ▼	03803	6/4	10048800038035	26 lbs	1.21	7 x 9	19 3/8 x 12 3/8 x 8 3/4
Willamette Blend	● ■ ▼	03807	6/4	10048800038073	26 lbs	1.21	7 x 9	19 3/8 x 12 3/8 x 8 3/4

● Low Fat ■ Gluten Free ▼ Vegan

For more information please call 800-733-9311 or visit us at www.norpac.com

