

# Arctic Gardens

## ROASTING VEGETABLES ASPARAGUS AND RED POTATO



**ARCTIC GARDENS**  
Roasting Vegetables  
Asparagus & Red Potatoes  
**27774**  
4 x 2 kg

### ► Cooking instructions

#### Oven

Pour the frozen blend in a baking pan either lined with parchment paper or lightly coated with vegetable oil and bake in the oven at 450°F (230°C) for about 25 minutes\* without steam. Turn halfway through cooking time.

#### Frying pan

Pour frozen blend into a lightly oiled 12" (30cm) skillet over medium high heat until the desired texture and temperature is reached\*. Stir regularly.

*\* Appliances vary. Heating times are approximate. For food safety and quality, products needs to be cooked at a minimum temperature of 165°F (74°C).*



### ► Preserving

Always keep frozen. Frozen vegetables should never be thawed otherwise, cook immediately. To maintain food safety and quality, keep vegetables in their original package. The shelf life is 18 months. The temperature must be -18 °C or 0 °F.

### ► Ingredients

Roasted red potatoes, Carrots, Asparagus, Red onions, Canola oil, Seasoning (sea salt, sugars [sugar, glucose solids], dehydrated vegetables [onion, garlic, tomato, green onion], modified corn starch, spices).

### Valeur nutritive Nutrition Facts

pour 2/3 tasse (85 g)  
Per 2/3 cup (85 g)

Calories 70	% valeur quotidienne *	% Daily Value *
<b>Lipides / Fat 2 g</b>		3 %
saturés / Saturated 0 g		0 %
+ trans / + Trans 0 g		0 %
<b>Glucides / Carbohydate 11 g</b>		
Fibres / Fibre 2 g		7 %
Sucres / Sugars 2 g		2 %
<b>Protéines / Protein 2 g</b>		
<b>Cholestérol / Cholesterol 0 mg</b>		
<b>Sodium 180 mg</b>		8 %
<b>Potassium 225 mg</b>		5 %
<b>Calcium 20 mg</b>		2 %
<b>Fer / Iron 0.75 mg</b>		4 %

\* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**  
\* 5% or less is a **little**, 15% or more is a **lot**



## GET INSPIRED!

For more recipe inspiration, visit [arcticgardensfoodservice.ca](http://arcticgardensfoodservice.ca)



KEEP FROZEN. MUST BE COOKED BEFORE CONSUMING.  
DO NOT THAW VEGETABLES BEFORE COOKING. IF THAWED, COOK IMMEDIATELY.  
DO NOT REFREEZE THAWED PRODUCT.

[arcticgardensfoodservice.ca](http://arcticgardensfoodservice.ca)  
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