

Freeze Dried Corn & Peas



Vegetables

Freeze dried vegetables are frozen then processed to remove the majority of moisture. They still maintain their same size, color, and fresh taste.

Freeze Dried Corn & Peas

Augason Farms Freeze Dried Corn & Peas are delicious and rehydrates quickly to be used in soups, salads or just as a side dish.

Crunchy Honey BBQ Corn & Pea Salad

2 cups Augason Farms Freeze Dried Corn & Peas

4 cups salad dressing or Miracle Whip®

1 bag honey BBQ corn chips, corkscrew style

Boil corn and peas in water, about 15 minutes, or until fully rehydrated. Chill in fridge or run cold water over vegetables. Drain well. Stir into salad dressing. Add corn chips and serve.

Hallo Corn & Pea Salad

1-5 ounce can black beans, drained & rinsed

1/4 cup Augason Farms Freeze Dried Corn & Peas, rehydrated

2 tablespoons Augason Farms Dehydrated Chopped Onions

1/4 cup chopped jicama

1/3 cup vinaigrette salad dressing

1/4 teaspoon salt

Add all ingredients together and chill for an hour. Serve with pita or corn chips.

DIRECTIONS:

To rehydrate:

- 1. Add 1/2 cup vegetables to 1 cup warm water.
- 2. Let stand 5 minutes.
- 3. Drain
- 4. Serve

Use as a side dish, in salads, casseroles, soups, etc.

 $\label{eq:independent} \textbf{INGREDIENTS:} \ \text{Super sweet corn, peas.}$

Processed in a dedicated gluten free manufacturing and packaging site.

Contains oxygen absorber. Discard immediately upon opening

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 30 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

Nutrition Facts Serving Size: 1/2 cup (27g) Servings Per Container: 168 **Amount Per Serving** Calories 100 Calories from Fat 5 % Daily Value Total Fat 1g 1% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% 0% Sodium 0mg Total Carbohydrate 19g 6% Dietary Fiber 5g 19% Sugars 6g Protein 5g Vitamin A 8% Vitamin C 45% Calcium 2% 6% Iron *Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. 2,500 Calories 2.000 Total Fat Less than 80a Sat Fat Less than 20g 25g Cholesterol 300mg 300mg Less than Sodium 2400mg 2400mg Less than Total Carbohydrate 300a 375g Dietary Fiber 25g 30g

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Calories per gram: Fat 9

Carbs 4

Protein 4