



Nutrition Facts

Serving Size 2/3 cup (96g)
Servings per container about 72

Calories 100	Calories from fat 25
	% Daily Values *
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrates 16g	6%
Dietary Fiber 4g	16%
Sugars 5g	0%
Protein 4g	0%
Vitamin A	4%
Vitamin C	8%
Calcium	2%
Iron	6%

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

Ingredients

SWEET CORN, COOKED BLACK BEANS, TOMATO, ONION, GREEN BELL PEPPER, RED BELL PEPPER, CONTAINS LESS THAN 2% OF BROWN SUGAR, CITRIC ACID, DEHYDRATED VEGETABLES (ONION, BELL PEPPER, GARLIC), LIME JUICE POWDER (LIME JUICE CONCENTRATE, MODIFIED FOOD STARCH, MALTODEXTRIN, CITRIC ACID), NATURAL FLAVOR (INCLUDING GRILL AND SMOKE), OLIVE OIL, SALT, SPICES, SUGAR, YEAST EXTRACT.



RoastWorks® - Flame-Roasted Corn & Black Bean Fiesta 6/2.5lb

Flame-roasted corn, onions, red and green peppers with black beans and tomatoes. Seasoned with a hint of lime and spices.

Product Specifications

SKU:	10071179777762
Pack:	6/2.50 LB
Brand:	RoastWorks®
Gross Weight:	16.25 LB
Net Weight:	15.00 LB
Country of Origin:	US
Kosher:	No
Vegan:	No
Vegetarian:	Yes
Gluten Free:	Yes
Allergens:	Crustacean Shellfish Free, Egg Free, Fish Free, Milk Free, Peanut Free, Sesame Free, Soy Free, Tree Nut Free, Wheat Free, Gluten Free

Shipping Information

Length:	13.375 IN
Width:	9.625 IN
Height:	7.625 IN
Case Cube:	0.568
TixHi:	15X8
Shelf Life:	547 Days
Storage Temp From/To:	-10 FA / 10 FA

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.

Serving Suggestions

Makes a great side dish or ingredient in your own salsa. BBQ chopped salad, Chicken avocado ceasar salad, Fiesta chicken wrap, Fiesta Tostada, Mole pizza, Pescado con salsa de Maiz y Frijoles negros, Pork borracho wrap, Roasted corn black bean salsa.

Prep Instructions

Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. 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. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking.