



Cajun-style seasoning with protein and vegetable credits.

SERVING INFORMATION

Meat Alternate	Vegetable
0.5	1.0

BENEFITS AND APPLICATIONS

- Delivers creditable ingredients
- Allows for low-sodium, low-fat and low-cholesterol recipes
- Ready to use
- Great flavor that kids love, ideal for a number of recipes

Add 1 credit legume, 1 credit grain, 0.5 M/MA, 1 credit red vegetable

See suggested recipes for Cajun Credit Booster at <https://www.foodscapesnutrition.com>

COOKING INSTRUCTIONS

FOR 1.13 LB BAG, 1 BAG YIELDS 32 SERVINGS

Mix with grains and legumes (e.g., commodity rice and beans) cook in steam table pan or by preferred method

APPLICATION

Designed for use in school lunch program, school cafeterias.

SUGGESTED RECIPE

Combine contents of 1.13 lbs bag with 2 # 10 cans of rinsed and drained small red beans, 1 lbs - 13 oz of whole grain rich parboiled rice and 1 1/2 gallons of water in a 4" hotel pan, stir until protein and powders are dissolved. Bake uncovered in a convection oven for 45 minutes at 425°F or until water is absorbed. Stir well and hold hot for service. Makes 32 servings.

More recipes available at www.foodscapesnutrition.com

NUTRITIONAL INFORMATION

Nutrition Facts

Serving Size 16.1 g (dry mix)
Servings Per Container 32

Amount Per Serving		% Daily Value*	
Calories	50	Calories from Fat	5
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	380mg		16%
Total Carbohydrate	9g		3%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	4g		
Vitamin A	6%	Vitamin C	4%
Calcium	4%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENT STATEMENT

Dehydrated Onion, **Whey Protein Isolate**, Milk Solids, Dehydrated Green Pepper, Dehydrated Celeriac, Natural Flavors, Paprika, Dehydrated Garlic, Vinegar, Spices, Maltodextrin, Potassium Chloride, Salt

ALLERGEN INFORMATION: contains milk and soy ingredients

SHIPPING INFORMATION

Stock number	1063518
Pack	22 pouches
Serving/case	32/pouch or 704 per case
Cs. Dim / Cube	15.5x11.5x11.875
Ti/Hi	10/5
Pallet	50
Lead time	21 days
Terms	Net 15 days
Case wt	24.86 lbs
Shelf life	2 years
Minimum order quantity	1 pallet



Serving Suggestion

Signature of Company Representative:

Patrick Michael

Date: August 20, 2015