



Freeze Dried Sweet Corn

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 Sweet Corn

Augason Farms Freeze Dried Sweet Corn is GMO free. It is delicious and super sweet and rehydrates quickly to be used in soups, salads or just as a side dish.

Springtime Corn

- 1-1/2 cups Augason Farms Freeze Dried Sweet Corn - rehydrate in hot water for 20 minutes and drain
- 2 teaspoons Augason Farms Dehydrated Chopped Onions
- 1 tablespoon butter
- 1 teaspoon sugar
- 1/8 teaspoon ground mustard
- 2 teaspoons parsley

Sauté onion in butter. Mix in sugar, mustard and parsley. Add corn. Cook for 5-10 minutes.

DIRECTIONS:

Yield: 1/2 cup sweet corn.

1. Mix 1/2 cup sweet corn to 1 cup of warm water.
2. Let stand for 5 minutes.
3. Heat in microwave or on stove top.

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

INGREDIENTS: Super sweet corn.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

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.

Boston Baked Corn

- 1 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon ground mustard
- 1/2 teaspoon salt
- 1/4 cup Augason Farms Dehydrated Chopped Onions - rehydrated in hot water and drained
- 3 cups Augason Farms Freeze Dried Sweet Corn - rehydrated in hot water and drained
- 2 tablespoons Augason Farms Vegetarian Meat Substitute Bacon Bits

Combine all ingredients in order listed. Bake uncovered at 350°F for 35 minutes.

Nutrition Facts

Serving Size: 1/2 cup (19g)
Servings Per Container: 23

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Calories 60			
Total Fat 1g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 14g			5%
Dietary Fiber 2g			10%
Sugars 4g			
Protein 2g			
Vitamin A	2%	Vitamin C	8%
Calcium	0%	Iron	2%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	30 mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:	Fat 9	Carbs 4	Protein 4

23 SERVINGS
NET WT. 1 LB (453 g)