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.

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.

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 stovetop.
   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.

Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>10%</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
</tbody>
</table>

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

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.

23 SERVINGS
NET WT. 1 LB (453 g)