MONARCH

Spice

SPICE, SAGE LEAF RUBBED PLASTIC BOTTLE SHELF STABLE SEASONING

760603

6 OZ

Add to Order

Product Description

Additional Description

RUBBED SAGE IS THE TRADITIONAL FORM OF SAGE. IT IS GROUND AND SIFTED BUT IS LESS DENSE THAN GROUND SAGE. MONARCH RUBBED SAGE HAS A SOFT, VELVETY TEXTURE AND IS A FLUFFY, COTTON-LIKE PRODUCT. IT IS PUNGENT IN FLAVOR AND SLIGHTLY BITTER W/ A MUSTY MINT TASTE.

Ingredients

Sage

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 207415

Preparation & Cooking

Preparations and Cooking Instructions

ADD TO DISHES AT ANY TIME DURING THE COOKING PROCESS. START BY ADDING 1/8 TSP. AND ADJUST FROM THERE.

Handling Instructions

STORE IN A COOL, DARK, DRY PLACE. SHELF LIFE 2 YEARS.

Serving Suggestions:

ADD TO STUFFINGS FOR PORK, VEAL AND POULTRY. ADD TO MEAT LOAF, CHICKEN OR TURKEY CASSEROLES, PIZZA SAUCE, STEWS, CHOWDERS, HERB BREAD, AND VEGETABLES

Nutritional Facts

Serving Size g (3g)
Servings Per Container

Amount Per Serving
Calories 0 — Calories from Fat 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

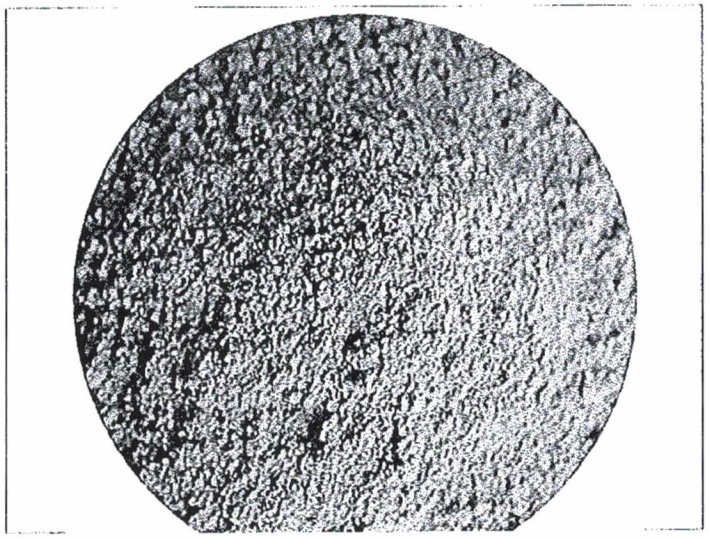
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Polyunsaturated Fat 0g	
Monosaturated Fat 0g	
Potassium 0mg	0%

Verified: 7-21-21



MONARCH

Seasoning

SEASONING, POULTRY GROUND SHELF STABLE SPICE

760595

10 OZ

[redacted]

Add to Order

Product Description

Additional Description

WEVE CREATED A MIX OF GROUND SAGE AND OTHER SPICES TO ADD A LIVELY, FINISHING TOUCH TO ALL POULTRY DISHES.

Ingredients

SPICES.

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3820 - SEASONINGS, SPICE BLENDS & MARINADES

Manufacturer Information

MONARCH
Manufacturer Product #: 207228

Preparation & Cooking

Preparations and Cooking Instructions

TO ACHIEVE ITS FULLEST FLAVOR, ADD NEAR THE END OF THE COOKING PROCESS.

Serving Suggestions:

RUB ON CHICKEN, TURKEY, VEAL, FISH AND PORK BEFORE COOKING. GREAT WHEN ADDED TO HAMBURGERS OR MEATLOAF. USE IN POULTRY GRAVIES, CASSEROLES AND SOUPS. WHEN SERVING CREAMED CHICKEN OVER BISCUITS, ADD 1 TEASPOON OR MORE TO BISCUIT BATTER. PERFECT FOR DRESSINGS AND STUFFINGS FOR TURKEY, CHICKEN OR WILD FOWL.

Nutritional Facts

Serving Size g (3g)
Servings Per Container

Amount Per Serving
Calories 0 — Calories from Fat 0

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
None specified at this time	

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

Verified 7-21-21

MONARCH

Spice

SPICE, PEPPER CAYENNE GROUND PLASTIC SHAKER SHELF STABLE SEASONING

760611

16 OZ

Add to Order

Product Description

Additional Description

A VARIETY OF A THIN, RED CHILI POD THAT IS DRIED AND GROUND. THIS PEPPER IS VERY HOT AND HAS A STRONG, BITING FLAVOR. IT IS A DEEP RUSTY-ORANGE COLOR AND GROUND TO THE CONSISTENCY SIMILAR TO PAPRIKA.

Ingredients

Red Pepper

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 207803

Preparation & Cooking

Preparations and Cooking Instructions

Use sparingly as this product is very hot. Be sure to use care when cooking with this product as it will burn if it gets in eyes or cuts. Start by using just a dash per serving and adjust from there.

Handling Instructions

Store in a cool, dark, dry place. Shelf life 2 years.

Serving Suggestions:

Add anywhere that heat is desired. Cayenne Pepper is good in most Mexican and Cajun dishes. Add to dips, nachos, guacamole, blackened fish or meats, pasta, barbecue sauces, buffalo wings, stir fry dishes and tomato based foods. Adds a flair of flavor to french fries and popcorn.

Nutritional Facts

Serving Size g (.7g)
Servings Per Container

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	6%
Vitamin C	0%
Calcium	0%
Iron	0%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Polyunsaturated Fat 0g	
Monosaturated Fat 0g	
Potassium 0mg	0%

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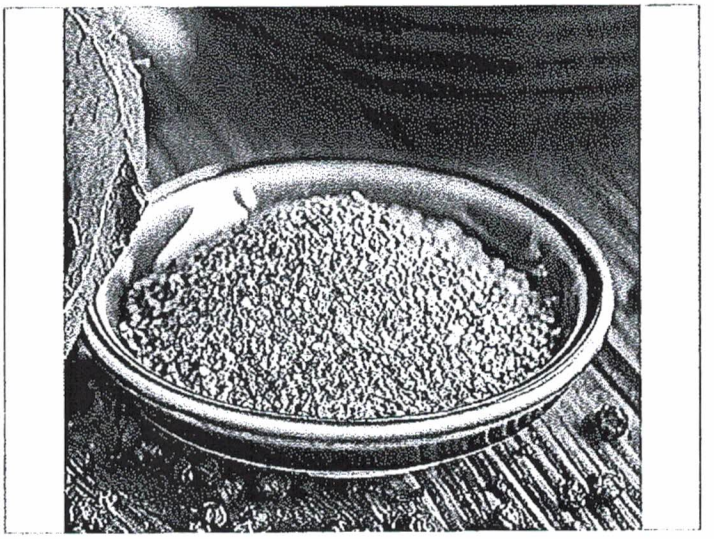


MONARCH

Spice

SPICE, PEPPER BLACK GROUND PLASTIC JUG 20M TABLE/RESTAURANT GRIND

760785

5 LB

Add to Order

Product Description

Additional Description

A DUST-FREE PEPPER DESIGNED SPECIFICALLY FOR PEPPER SHAKERS, MONARCH CAFE GRIND BLACK PEPPER IS A 20 MESH PEPPER AND WILL NOT COAT THE INSIDE OF GLASS SHAKERS.

Ingredients

Black Pepper

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 1908 - PEPPER, BULK

Manufacturer Information

MONARCH
Manufacturer Product #: 203905

Preparation & Cooking

Preparations and Cooking Instructions

Use during cooking or sprinkle on after cooking. Use in pepper shakers and set on table top. Use a dash to 1/8 tsp. per serving.

Handling Instructions

Store in a cool, dark, dry place. Shelf life 2 years.

Serving Suggestions:

Use in cooking where the flavor and appearance of black pepper is desired. Perfect for flavoring soups, stews, sauces and marinades. Sprinkle on egg dishes, hash brown potatoes, roast beef or pasta salads. Use in pepper shakers for people to season their food to their individual taste.

Nutritional Facts

Serving Size g (.7g)
Servings Per Container 3240

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

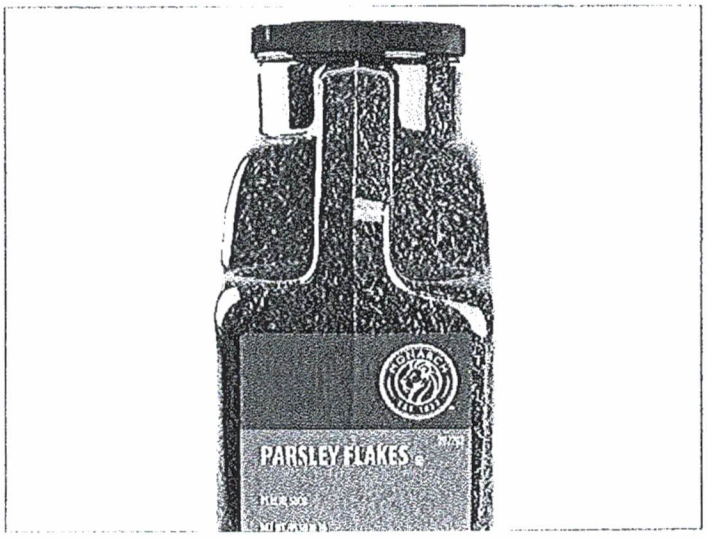
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Polyunsaturated Fat 0g	
Monosaturated Fat 0g	
Potassium 0mg	0%

Verified: 7-21-21



MONARCH

Spice

SPICE, PARSLEY FLAKE PLASTIC JUG SHELF STABLE SEASONING

760868

11 OZ

Add to Order

Product Description

Additional Description

A POPULAR, BRIGHT GREEN, DRIED LEAF OF TRIPLE CURLY PARSLEY. PARSLEY IS USED TO FLAVOR, AS WELL AS GARNISH FOODS.

Ingredients

Parsley

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 207202

Preparation & Cooking

Preparations and Cooking Instructions

Add Parsley to foods after cooking is completed and just before serving to maintain optimum visual appeal.

Handling Instructions

Store in a cool, dark, dry place.

Serving Suggestions:

Use in omelets, salads, cream soups, sauces, rice, pasta dishes and fish. Combine Monarch Parsley with melted butter and drizzle over tiny red potatoes, steamed cauliflower or baby carrots. Mix with soft cheeses such as cream, ricotta or cottage for a more eye-appealing dish. Just a sprinkle garnishes Italian dishes, deviled eggs or garlic bread. Parsley's bright green color combines well with other Monarch herbs.

Nutritional Facts

Serving Size g (.1g)
Servings Per Container 3120

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Polyunsaturated Fat 0g	
Monosaturated Fat 0g	
Potassium 0mg	0%

Verified: 7-21-21

Product Image Unavailable

CHEF'S SIGNATURE OLD MANSION

Spice

SPICE, PAPRIKA POWDER PLASTIC JAR SHELF STABLE SEASONING

5802750

16 OZ

Add to Order

Product Description

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

OLD MANSION FOODS
Manufacturer Product #: CS593616

Shipping Information

Physical Attributes

Gross Weight:	1.16 LB	**Length:**	1.41 IN
Net Weight:	1 LB	**Cube:**	.055 CF
Height:	8 IN	**Catch Weight:**	No
Width:	8.5 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	33 FA
Max. Temperature:	90 FA

Nutritional Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving
Calories 282 — Calories from Fat 116.01

	% Daily Value *
Total Fat 12.89g	19.83%
Saturated Fat 2.14g	%
Trans Fat g	
Cholesterol 0mg	0%
Sodium 68mg	2.83%
Total Carbohydrate 53.99g	18%
Dietary Fiber 34.9g	139.6%
Sugars 10.34g	
Protein 14.14g	
Vitamin A	985.08%
Vitamin C	1.5%
Calcium	22.9%
Iron	117.44%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Vitamin D 0IU	0%
Folic Acid 49mcg	
Phosphorus 314mg	
Polyunsaturated Fat 7.766g	
Monosaturated Fat 1.695g	

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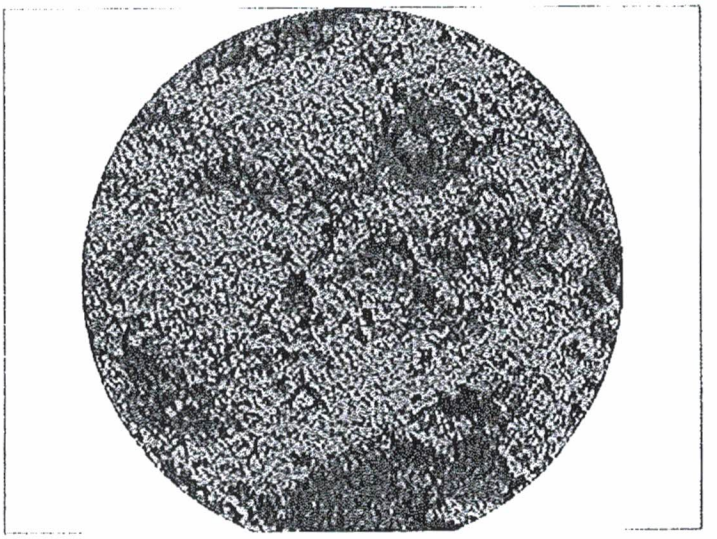

MONARCH

Spice

SPICE, OREGANO GROUND SHELF STABLE SEASONING

760637

11 OZ

Add to Order

Product Description

Additional Description

THE GROUND DRIED LEAVES OF THE OREGANO PLANT. IT HAS A SLIGHT MINT FLAVOR, ALONG WITH PUNGENT AND BITTER UNDERTONES. IT IS STRONG AND AROMATIC. IT IS SIMILAR IN CONSISTENCY TO FLOUR BUT IS DARK TO DEEP GREEN IN COLOR.

Ingredients

GROUND OREGANO

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 209846

Preparation & Cooking

Preparations and Cooking Instructions

Since this product is already ground, add it near the end of the cooking process to obtain its fullest flavor. Use in applications where visible herbs are not desirable.

Handling Instructions

store at room temperature, be sure to seal the container.

Serving Suggestions:

Works great in most Italian and Greek dishes such as spaghetti, pizza,lasagna, eggplant, lamb and rice. Mix in salad dressings, dips, soups and stews, vegetables and biscuit or bread dough. Sprinkle on roast chicken, baked or broiled fish or pork.

Nutritional Facts

Serving Size g (.5g)
Servings Per Container

Amount Per Serving
Calories 0 — Calories from Fat 0

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

% Daily Value *

None specified at this time

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

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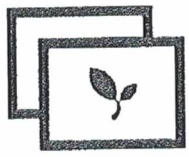

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CHEF'S SIGNATURE OLD MANSION

Spice

SPICE, ONION POWDER PLASTIC JAR SHELF STABLE SEASONING

6782452

20 OZ

Add to Order

Product Description

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

OLD MANSION FOODS
Manufacturer Product #: CS569616

Shipping Information

Physical Attributes

Gross Weight:	1.42 LB	Length:	2.77 IN
Net Weight:	1.25 LB	Cube:	.033 CF
Height:	8.19 IN	Catch Weight:	No
Width:	2.52 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	33 FA
Max. Temperature:	80 FA

Nutritional Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving
Calories 341 — Calories from Fat 9.36

	% Daily Value *
Total Fat 1.04g	1.6%
Saturated Fat .219g	%
Trans Fat g	
Cholesterol 0mg	0%
Sodium 73mg	3.04%
Total Carbohydrate 79.12g	26.37%
Dietary Fiber 15.2g	60.8%
Sugars 6.63g	
Protein 10.41g	
Vitamin A	0%
Vitamin C	39%
Calcium	38.4%
Iron	21.67%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Vitamin D 0IU	0%
Folic Acid 64mcg	
Phosphorus 322mg	
Polyunsaturated Fat .31g	
Monosaturated Fat .202g	

Verified: 7-20-21

MONARCH

Spice

SPICE, ONION MINCED PLASTIC SHAKER SHELF STABLE SEASONING

761221

14 OZ

Add to Order

Product Description

Additional Description

MONARCH MINCED ONION IS DOMESTICALLY GROWN. THIS MECHANICALLY DEHYDRATED PRODUCT IS UNIFORMLY MINCED WITH A CONSISTENT COLOR AND FLAVOR. THE FLAVOR IS VERY SIMILAR IN CHARACTERISTICS TO GARLIC, BUT IS MUCH MILDER AND MUCH SWEETER.

Ingredients

Dehydrated Onion.

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 203874

Preparation & Cooking

Preparations and Cooking Instructions

Rehydrate for 10 minutes in twice the volume of water; drain. If used in moist foods like sauces, soups, or stews, rehydration is not required

Handling Instructions

Store in a cool, dark, dry place. Shelf life 2 years.

Serving Suggestions:

Use in foods where a prominent onion texture is desired, as in marinated vegetables, pasta salads, vegetable or meat soups, Italian or tomato based sauces, taco meat or lasagna. Add to casseroles, salad dressings, marinades or meat rubs.

Nutritional Facts

Serving Size g (6g)
Servings Per Container

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Polyunsaturated Fat 0g	
Monosaturated Fat 0g	
Potassium 0mg	0%

Verified: 7-20-21

MONARCH

Spice

SPICE, NUTMEG GROUND PLASTIC SHAKER SHELF STABLE SEASONING

760355

16 OZ

Add to Order

Product Description

Additional Description

THIS PRODUCT IS THE GROUND FORM OF THE HARD SEED OF THE FRUIT OF AN EVERGREEN TREE NATIVE TO THE SPICE ISLANDS. IT HAS A WARM, SPICY AND SWEET FLAVOR. ALTHOUGH IT CAN BE USED ON MANY FOODS, IT IS MOST POPULAR AS A BAKING SPICE. KOSHER UNION ORTHODOX.

Ingredients

Nutmeg

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 208160

Preparation & Cooking

Preparations and Cooking Instructions

START BY USING 1/8 TSP. PER SERVING AND ADJUST FROM THERE.

Handling Instructions

STORE IN A COOL, DARK, DRY PLACE. SHELF LIFE 2 YEARS.

Serving Suggestions:

A PERFECT ADDITION TO BAKED GOODS SUCH AS CAKES, COOKIES, DOUGHNUTS, BREADS, FRUIT PIES, BREAD OR RICE PUDDINGS AND CUSTARDS. SPRINKLE ON EGGNOG, WHIPPED CREAM, COFFEE DRINKS, VANILLA ICE CREAM AND FRUIT.

Nutritional Facts

Serving Size g (.7g)
Servings Per Container

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
None specified at this time	

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

MONARCH

Spice

SPICE, MUSTARD GROUND PLASTIC SHAKER SHELF STABLE SEASONING

760348

15 OZ

Add to Order

Product Description

Additional Description

FINELY GROUND MUSTARD FLOUR MILLED AFTER HULL IS REMOVED. FLAVOR IS MUCH LIKE THE MUSTARD CONDIMENT, PUNGENT, SLIGHTLY BITTER WITH A HOT BITE. COLOR IS LIGHT TO DEEP YELLOW. VERY FINE AND SIMILAR TO FLOUR IN ITS TEXTURE BUT CONTAINS NO WHEAT FLOUR OR STARCH.

Ingredients

Mustard Flour

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 207180

Preparation & Cooking

Preparations and Cooking Instructions

Add dry to foods or mix with liquid to use on foods. If heated immediately after mixing with water or with an acid liquid such as vinegar, full pungency will not develop, as heat and acid deactivates the enzyme reaction that causes the flavor. Be sure to add to foods late and cook gently or the zesty, tangy flavor will fade.

Handling Instructions

Store in a cool, dark, dry place. Shelf life 2 years.

Serving Suggestions:

Nutritional Facts

Serving Size g (.6g)
Servings Per Container

Amount Per Serving
Calories 0 — Calories from Fat 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Polyunsaturated Fat 0g	
Monosaturated Fat 0g	
Potassium 0mg	0%

MONARCH

Seasoning

SEASONING, ITALIAN SHELF STABLE SPICE

760991

28 OZ

Add to Order

Product Description

Additional Description

A BLEND OF CLASSIC WHOLE ITALIAN HERBS SUCH AS OREGANO, THYME, BASIL, ROSEMARY AND SAGE. THIS HARMONIOUS BLEND UNIFIES ALL THE DIFFERENT FLAVORS OF THE HERBS, PRODUCING A FLAVOR THAT IS CAMPHOROUS AND MINTY AND PERFECT FOR MEDITERRANEAN AND ITALIAN COOKING.

Ingredients

Spices

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3820 - SEASONINGS, SPICE BLENDS & MARINADES

Manufacturer Information

MONARCH
Manufacturer Product #: 207250

Preparation & Cooking

Preparations and Cooking Instructions

Best if added early in the cooking process; or reserve part of the seasoning and stir in the last 10-15 minutes of cooking. This product will deliver the most flavor if gently crushed before adding to foods. Start with 1/4 to 1/2 tsp. per serving and adjust from there. This product can be sprinkled on to foods, but works best when incorporated into cooking.

Handling Instructions

Store in a cool, dark, dry place. Shelf life 2 years.

Serving Suggestions:

Nutritional Facts

Serving Size g (.3g)
Servings Per Container 2646

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Polyunsaturated Fat 0g	
Monosaturated Fat 0g	
Potassium 0mg	0%

Verified: 7-2021

MONARCH

Spice

SPICE, GINGER GROUND PLASTIC SHAKER SHELF STABLE SEASONING

760306

15 OZ

Add to Order

Product Description

Additional Description

THE GROUND ROOT OF A DRIED, TUBEROUS, TROPICAL PERENNIAL. IT IS A FINE POWDER THAT RANGES IN COLOR FROM LIGHT TAN TO MILD GOLD. IT HAS A WARM AROMA WITH A FRESH, WOODY NOTE AND SWEET, RICH UNDERTONES. ITS FLAVOR IS HOT, SWEET AND SLIGHTLY BITING. KOSHER UNION ORTHODOX.

Ingredients

GROUND GINGER

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 208046

Nutritional Facts

Serving Size (.6g)
Servings Per Container

Amount Per Serving
Calories 0 — Calories from Fat 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
None specified at this time	

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

Preparation & Cooking

Preparations and Cooking Instructions

START BY USING 1/8 TSP. PER SERVING AND ADJUST FROM THERE. REMEMBER,MONARCH GROUND GINGER MAY BE STRONGER THAN OTHER GINGER PRODUCTS. TAKE CARE NOT TO USE TOO MUCH AS THE FLAVOR IS STRONG. USE DURING THE COOKING PROCESS.

Handling Instructions

STORE DRY AT ROOM TEMPERATURE, BE SURE TO RESEAL CONTAINER.

Serving Suggestions:

PERFECT FOR ASIAN, THAI AND JAMAICAN DISHES. COMMONLY ASSOCIATED WITH GINGERBREAD CAKES AND COOKIES. TASTES GOOD IN CURRIES, STEWED AND BAKED

Product Image Unavailable

CHEF'S SIGNATURE OLD MANSION

Spice

SPICE, GARLIC GRANULATED PLASTIC JAR SHELF STABLE SEASONING

5593793

24 OZ

Add to Order

Product Description

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

OLD MANSION FOODS
Manufacturer Product #: CS369616

Nutritional Facts

% Daily Value *

Nutritional facts are not available for this product at this time.

Supplemental Facts

% Daily Value *

None specified at this time

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

Shipping Information

Physical Attributes

Gross Weight:	1.66 LB	Length:	1.41 IN
Net Weight:	1.5 LB	Cube:	.0555 CF
Height:	8 IN	Catch Weight:	No
Width:	8.5 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	32 FA
Max. Temperature:	95 FA

Allergens

ALLERGEN	DOES NOT CONTAIN	CONTAINS	MAY CONTAIN	NO DATA
Crustacean				•
Eggs				•
Fish				•
Gluten				•
Lactose				•
Milk				•
Mustard				•
Peanuts				•
Soy				•
Tree nuts				•
Wheat				•

Nutritional Disclaimer

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MONARCH

Spice

SPICE, DILL WEED PLASTIC SHELF STABLE SEASONING

778423

5.5 OZ

ADD TO ORDER

Quantity Available
CS: 30

Next Expected Restock
07/25

Product Description

Additional Description

THE DEHYDRATED LEAVES OF THE DILL PLANT, THIS PRODUCT IS MILDER IN FLAVOR THAN DILL SEED. ITS LEAVES ARE SMALL, THIN SHREDS THAT ARE DEEP GREEN IN COLOR. THEY ARE AROMATIC AND GIVE A FLAVOR SIMILAR TO ANISE.

Ingredients

Dill Weed

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 207902

Nutrition Facts

Servings Per Container
Serving Size (.3g)

Amount Per Serving

Calories 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

Supplemental Facts

	% Daily Value *
Polyunsaturated Fat 0g	0%
Monosaturated Fat 0g	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Report Discrepancies

Preparation & Cooking

Preparations and Cooking Instructions

USE GENEROUSLY IN DISHES. START WITH 1/4 TSP. PER SERVING AND ADJUST FROM THERE. CRUSH DILL WEED JUST BEFORE ADDING TO RECIPES OR SPRINKLE ON.

Handling Instructions

STORE IN A COOL, DARK, DRY PLACE. SHELF LIFE 2 YEARS.

Serving Suggestions:

Dill Weed adds an excellent flavor to salad dressings and is delicious in sauces for meat and seafood. Mix it with tarragon, lemon and butter for a sauce to use on seafood. Use in cottage cheese, potato salad, chicken dishes, cheese sauces and herb breads. Delicious on potatoes, green beans, cauliflower and carrots. Sprinkle on cucumbers and use in pickles.

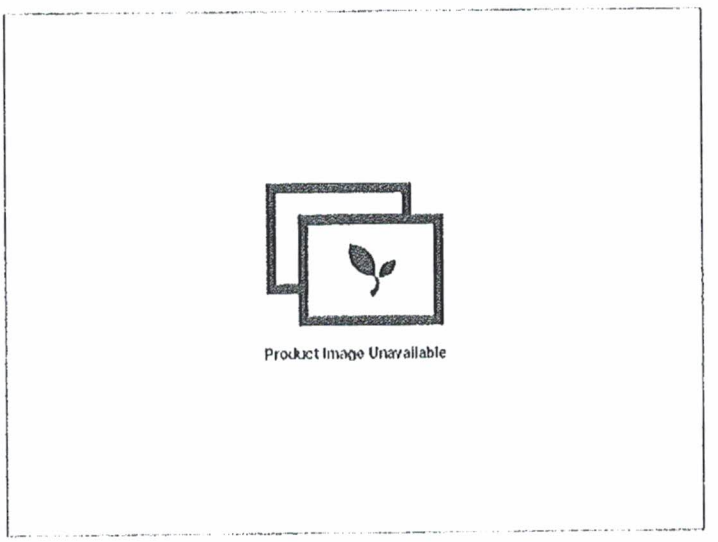
Shipping Information

Physical Attributes

Gross Weight:	.47 LB	Length:	7.625 IN
Net Weight:	.34 LB	Cube:	.3 CF
Height:	8.188 IN	Catch Weight:	No
Width:	8.313 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	33 fa
Max. Temperature:	90 fa



CHEF'S SIGNATURE OLD MANSION

Spice

SPICE, CURRY POWDER PLASTIC JAR SHELF STABLE SEASONING

6782403

16 OZ

Add to Order

Product Description

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

OLD MANSION FOODS
Manufacturer Product #: CS273616

Shipping Information

Physical Attributes

Gross Weight:	1.17 LB	**Length:**	2.77 IN
Net Weight:	1 LB	**Cube:**	.033 CF
Height:	8.19 IN	**Catch Weight:**	No
Width:	2.52 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	33 FA
Max. Temperature:	90 FA

Nutritional Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving
Calories 325 — Calories from Fat 126.09

	% Daily Value *
Total Fat 14.01g	21.55%
Saturated Fat 1.648g	%
Trans Fat g	
Cholesterol 0mg	0%
Sodium 52mg	2.17%
Total Carbohydrate 55.83g	18.61%
Dietary Fiber 53.2g	212.8%
Sugars 2.76g	
Protein 14.29g	
Vitamin A	.38%
Vitamin C	1.17%
Calcium	52.5%
Iron	106.11%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Vitamin D 0IU	0%
Folic Acid 58mcg	
Phosphorus 367mg	
Polyunsaturated Fat 3.056g	
Monosaturated Fat 8.782g	

Product Image Unavailable

CHEF'S SIGNATURE OLD MANSION

Spice

SPICE, CUMIN GROUND PLASTIC JAR SHELF STABLE SEASONING

5593298

16 OZ

Add to Order

Product Description

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

OLD MANSION FOODS
Manufacturer Product #: CS269616

Nutritional Facts

% Daily Value *

Nutritional facts are not available for this product at this time.

Supplemental Facts

% Daily Value *

None specified at this time

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

Shipping Information

Physical Attributes

Gross Weight:	1.16 LB	**Length:**	1.41 IN
Net Weight:	1 LB	**Cube:**	.0555 CF
Height:	8 IN	**Catch Weight:**	No
Width:	8.5 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	33 FA
Max. Temperature:	90 FA

Allergens

ALLERGEN	DOES NOT CONTAIN	CONTAINS	MAY CONTAIN	NO DATA
Crustacean				•
Eggs				•
Fish				•
Gluten				•
Lactose				•
Milk				•
Mustard				•
Peanuts				•
Soy				•
Tree nuts				•
Wheat				•

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Product Image Unavailable

CHEF'S SIGNATURE OLD MANSION

Spice

SPICE, CINNAMON GROUND PLASTIC JAR SHELF STABLE SEASONING

5592480

16 OZ

Add to Order

Product Description

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

OLD MANSION FOODS
Manufacturer Product #: CS185616

Shipping Information

Physical Attributes

Gross Weight:	1.16 LB	**Length:**	1.41 IN
Net Weight:	1 LB	**Cube:**	.0555 CF
Height:	8 IN	**Catch Weight:**	No
Width:	8.5 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	32 FA
Max. Temperature:	95 FA

Nutritional Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving
Calories 247 — Calories from Fat 11.16

	% Daily Value *
Total Fat 1.24g	1.91%
Saturated Fat .345g	%
Trans Fat g	
Cholesterol 0mg	0%
Sodium 10mg	.42%
Total Carbohydrate 80.59g	26.86%
Dietary Fiber 53.1g	212.4%
Sugars 2.17g	
Protein 3.99g	
Vitamin A	5.9%
Vitamin C	6.33%
Calcium	100.2%
Iron	46.22%

* 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	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30g

Supplemental Facts

	% Daily Value *
Vitamin D 0IU	0%
Folic Acid 8mcg	
Phosphorus 64mg	
Polyunsaturated Fat .068g	
Monosaturated Fat .246g	

Call your customer service representative to order this product

Product Image Unavailable

MCCORMICK

Spice

SPICE, CILANTRO FREEZE DRIED SHELF STABLE SEASONING

9067885

1.25 OZ

Quantity Available
CS: Available

Next Expected Restock
07/29

Product Description

Additional Description

Cilantro has a bold flavor often described as a mixture of sage, parsley, and citrus. In many Mexican dishes and salsas, it is the indescribable flavor note that sets them apart. It is bright green in color.

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MCCORMICK & COMPANY INC
Manufacturer Product #: 932495

Nutrition Facts

Servings Per Container
Serving Size (3g)

Amount Per Serving
Calories 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

Supplemental Facts

% Daily Value *

None specified at this time

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Report Discrepancies

Preparation & Cooking

Serving Suggestions:

Though Cilantro and Coriander come from the same plant, they are distinctly different and are not interchangeable as ingredients.

Shipping Information

Physical Attributes

Gross Weight:	.12 LB	Length:	3.18 IN
Net Weight:	.1 LB	Cube:	.063 CF
Height:	8.75 IN	Catch Weight:	No
Width:	2.62 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	33 fa
Max. Temperature:	90 fa




MONARCH

Salt

SALT, TABLE IODIZED CANISTER

3329885

24/26 OZ

Quantity Available
CS: 216

Next Expected Restock
07/29

Product Description

Additional Description

GET YOUR DAILY DOSE OF IODIDE, AN ESSENTIAL NUTRIENT, IN MONARCH'S IODIZED SALT.

Ingredients

SALT, CALCIUM SILICATE, DEXTROSE, POTASSIUM IODIDE.

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 1409 - SALT, BULK (FOR FOOD)

Manufacturer Information

MONARCH
Manufacturer Product #: 200184

Preparation & Cooking

Handling Instructions

STORE IN A COOL DRY PLACE

Serving Suggestions:

POUR SPOUT MAKES IT EASY TO FILL SHAKERS OR MEASURE OUT SMALL AMOUNTS FOR RECIPES.

Nutrition Facts

491 Servings Per Container

Serving Size	(1.5g)
Amount Per Serving	
Calories	
	% Daily Value *
Total Fat	0%
Saturated Fat	0%
Trans Fat	
Cholesterol	0%
Sodium	0%
Total Carbohydrate	0%
Dietary Fiber	0%
Total Sugars	
Includes 0g Added Sugars	0%
Protein	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

Supplemental Facts

	% Daily Value *
None specified at this time	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Shipping Information

Physical Attributes

Gross Weight:	42.7 LB	Length:	10.25 IN
Net Weight:	39 LB	Cube:	.894 CF
Height:	11.06 IN	Catch Weight:	No
Width:	13.62 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	32 fa
Max. Temperature:	120 fa

Product Image Unavailable

MCCORMICK

Spice

SPICE, CHILI DARK POWDER SHELF STABLE SEASONING

1401124

20 OZ

ADD TO ORDER

Quantity Available
CS: 52

Next Expected Restock
07/21

Product Description

Additional Description

Dark Chili Powder is slightly hotter than the Light Chili Powder blend. Chili Powder, Dark is a blend of chili pepper, cumin, oregano, salt, silicon dioxide (added to make free flowing), and garlic.

Ingredients

CHILI PEPPER, SPICES, SALT, SILICON DIOXIDE(ADDED TO MAKE FREE FLOWING) AND GARLIC

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MCCORMICK & COMPANY INC
Manufacturer Product #: 900210220

Shipping Information

Physical Attributes

Gross Weight:	1.5 LB	Length:	3.25 IN
Net Weight:	1.25 LB	Cube:	.066 CF
Height:	8.75 IN	Catch Weight:	No
Width:	4 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	32 fa
Max. Temperature:	95 fa

Nutrition Facts

Servings Per Container
Serving Size (7g)

Amount Per Serving
Calories 21

	% Daily Value *
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 71mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin A	41%
Vitamin C	7%
Calcium	1%
Iron	5%

Supplemental Facts

% Daily Value *

None specified at this time

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Report Discrepancies

MONARCH

Spice

SPICE, BASIL LEAF DRIED BOX SHELF STABLE SEASONING

897868

26 OZ

ADD TO ORDER

Quantity Available
CS: 69

Next Expected Restock
08/08

Product Description

Additional Description

SPICE, BASIL LEAF DRIED BOX SHELF STABLE SEASONING

Ingredients

Basil

Product Information

Class: 22 - GROCERY, DRY

Category: 177 - SALT, SPICES & ADDITIVES, BULK

Group: 3340 - SPICES

Manufacturer Information

MONARCH
Manufacturer Product #: 208747

Preparation & Cooking

Preparations and Cooking Instructions

N/A

Handling Instructions

Cool and dry, do not exceed 90 F.,N/A

Serving Suggestions:

Basil Leaf is an essential ingredient to almost any Italian dish. Try this product in pestos, spaghetti sauces or tomato sauces, pizza, herbed breads, stuffings, cheese spreads, or sprinkled on chicken, fish, beef, vegetables or bread.

Nutrition Facts

843 Servings Per Container
Serving Size (.4g)

Amount Per Serving
Calories 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

Supplemental Facts

	% Daily Value *
Vitamin D 0mcg	0%
Polyunsaturated Fat 0g	0%
Monosaturated Fat 0g	0%
Potassium 10mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Shipping Information

Physical Attributes

Gross Weight:	2.3 LB	Length:	8.875 IN
Net Weight:	1.63 LB	Cube:	.299 CF
Height:	10.25 IN	Catch Weight:	No
Width:	5.688 IN		

Storage Information

USF Storage:	DRY FOOD
Min. Temperature:	33 fa
Max. Temperature:	90 fa