

Simplot

106991 - **Cauliflower**



Premium-Quality Cauliflower, Known For Its High Fiber And Low Carbs;Hand-Cut For Uniformity And Even Cooking;Compare To Raw Trim Loss Of 45%;Consistent Year-Round Quality And Pricing;Individually Quick Frozen For Easy Portioning And Less Waste



* Benefits

Premium-Quality Cauliflower, Known For Its High Fiber And Low Carbs; Hand-Cut For Uniformity And Even Cooking; Compare To Raw Trim Loss Of 45%; Consistent Year-Round Quality And Pricing; Individually Quick Frozen For Easy Portioning And Less Waste. Preparation: Stove Top1. Bring 4 Quarts Of Water To A Boil On High.2. Add One Bag Of Frozen Vegetables And Cook For 7 Minutes, Stirring As Needed. Steamer1. Arrange One Bag Of Frozen Vegetables In A Slotted Full-Size Steam Table Pan.2. Steam For 4 Minutes. Microwave (1100 Watts)1. Place One Bag Of Frozen Vegetables In A Microwave Safe Dish.2. Add 2 Tbsp. Of Water And Cover.3. Cook On High For 15 Minutes, Stirring Halfway Through Cook Time.

Ingredients	▲ Allergens
Cauliflower.	Free From: Continue Continue

Nutrition Facts

Servings per Container 10 Serving size 1cup (94g)

Amount per serving Calories

25

- % [Daily Value*	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 20mg	1%	
Total Carbohydrate 4g	1%	
Dietary Fiber 2g		
Total Sugars 2g		
Includes 0g Added Sugar	0%	
Protein 2g		
Vitamin D 0mcg	0%	
Calcium 20mg	2%	
Iron 0.4mg	2%	
Potassium 180mg	4%	

* 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.

Handling Suggestions

Keep Frozen 0F Or Below UNIT UPC: 071179185010

Serving Suggestions

Serve it in soup, as a side dish or as a snack.

Prep & Cooking Suggestions

Steam - Food Safety Statement: For Food Safety And Quality, Cook To A Temperature Of 165F. To Serve Cold, Prepare Vegetables As Stated Below, Then Cool As Rapidly As Possible To Refrigerated Temperature.

Product Specifications

Brand	Manufacturer
Simplot	Dot Foods

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
071179185010	346637	106991	10071179185017		12/2 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.25lb	24lb	Mexico	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
17.13in	11.5in	11.13in	1.27ft3	9x8	468days	-5°F / -2°F





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Nutrition Analysis - By Measure

Calories	25	Total Fat	0g	Sodium	20mg
Protein	2	Trans Fats	0g	Calcium	20mg
Total Carbohydrates···	4g	Saturated Fat	0g	Iron	0.4mg
Sugars	2g	Added Sugars	0g	Potassium	180mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

0	• Additional Images					

