



**Simplot**

# 138574 - Broccoli Spear

Hand-Cut And Trimmed For Uniform Size And Farm-Fresh Plate Appeal;Compare To Raw Trim Loss Of 25-35%;No Tough, Fibrous Material;Consistent Year-Round Quality And Pricing



## Nutrition Facts

Servings per Container **132**  
Serving size **79.0g (79g)**

Amount per serving  
**Calories 25**

% Daily Value\*

<b>Total Fat</b> 0g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.4mg	<b>2%</b>
Potassium 160mg	<b>3%</b>

\* 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.

### \* Benefits

Hand-Cut And Trimmed For Uniform Size And Farm-Fresh Plate Appeal;Compare To Raw Trim Loss Of 25-35%;No Tough, Fibrous Material;Consistent Year-Round Quality And Pricing

### Ingredients

Broccoli

### Allergens

**Free From:**

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

### Handling Suggestions

Keep Frozen 0F Or Below

### Serving Suggestions

Steam - Food Safety Statement: For Food Safety And Quality, Cook To A Temperature Of 165F.

### 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	Product Category
Simplot	Dot Foods Frozen	Vegetables, Canned & Frozen

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	458620	138574	10071179004349		12/2 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
26lb	24lb	Mexico	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.38in	10.75in	9.25in	1.06ft3	9x8	45days	-2°F / -5°F



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## Nutrition Analysis - By Measure

Calories	25	Total Fat	0g	Sodium	15mg
Protein	2	Trans Fats		Calcium	30mg
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	0.4mg
Sugars	1g	Added Sugars	0g	Potassium	160mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

