



SIMPLOT

202396 - Vegetable Blend Normandy Frozen

Farm-fresh broccoli, carrots, cauliflower, yellow squash and zucchini ;Reduces costly laborjust heat and serve ;Consistent year-round quality and pricing ;Individually quick frozen for easy portioning



* Benefits

Nutrition Facts

17 Servings Per Container

Serving size **2/3 cup (82g)**

Amount per serving
Calories 25

% Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 15 mg **1%**

Total Carbohydrate 5 g **2%**

Dietary Fiber 2 g **7%**

Total Sugars 2 g

Includes 0 g Added Sugar **0%**

Protein 1 g

Vitamin D 0 mcg **0%**

Calcium 0 mg **0%**

Iron 0 mg **0%**

Potassium 175 mg **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.

Ingredients

BROCCOLI, CARROTS, CAULIFLOWER, ZUCCHINI, YELLOW SQUASH.

Allergens

Free From:

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

Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

A great protein side dish or a versatile ingredient in an eye-catching frittata or combine with shrimp, curry sauce and rice for a Thai-inspired menu favorite.

Prep & Cooking Suggestions

Stove Top / Saut
STOVE TOP

- Bring 4 quarts of water to a boil on HIGH.
- Add one bag of frozen vegetables and cook for 7 minutes, stirring as needed.

Product Specifications

Brand	Manufacturer
SIMPLOT	Simplot Global Food, LLC

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179035077	202396	10071179035077	8	8 / 2.0 LBR

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.13 in	11.5 in	11.13 in	1.27 ft3	9x8	730 DAYS	-10 °F / 10 °F



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Nutrition Analysis - By Serving

Calories	25	Total Fat	0 g	Sodium	15 mg
Protein	1	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	5 g	Saturated Fat	0 g	Iron	0 mg
Sugars	2 g	Added Sugars	0 g	Potassium	175 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)•		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

