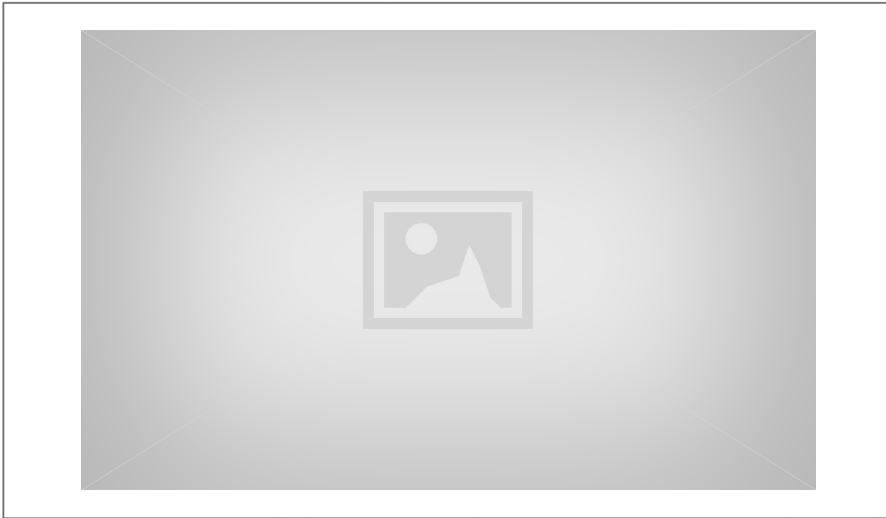




SIMPLOT

# 202510 - Broccoli Chopped Frozen S/O

Farm-fresh color, flavor and texture; Pre-cut to a convenient size; Consistent year-round quality and pricing; Compare to raw trim loss of 25-35%



## Nutrition Facts

Servings per Container 156  
Serving size 2/3cup(89g)

Amount per serving  
**Calories 25**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<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 Added Sugar	<b>%</b>
<b>Protein</b> 2g	
Vitamin D	<b>%</b>
Calcium	<b>2%</b>
Iron	<b>2%</b>
Potassium	<b>%</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

Ingredients	Allergens
BROCCOLI.	<b>Free From:</b> crustaceans  eggs  fish  milk peanuts  sesame  soy  tree nuts wheat

Handling Suggestions	Product Specifications																					
12/2.5 lb.	<table border="1"> <thead> <tr> <th>Brand</th> <th>Manufacturer</th> <th>Product Category</th> </tr> </thead> <tbody> <tr> <td>SIMPLOT</td> <td>JR SIMPLOT CALDWELL ID.</td> <td>Vegetable Blends</td> </tr> </tbody> </table>	Brand	Manufacturer	Product Category	SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetable Blends															
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A valuable ingredient for healthy eating, enhance recipes such as soups with this premium quality, deep green broccoli.	<table border="1"> <thead> <tr> <th>Gross Weight</th> <th>Net Weight</th> <th>Country of Origin</th> <th>Kosher</th> <th>Child Nutrition</th> </tr> </thead> <tbody> <tr> <td>32lb</td> <td>30lb</td> <td>MEX</td> <td></td> <td></td> </tr> </tbody> </table>	Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition	32lb	30lb	MEX													
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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. STOVE TOP1. Bring 4 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 1/2 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1/4 cup of water and cover.3. Cook on HIGH for 16 minutes, stirring halfway through cook time.																						



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### Nutrition Analysis - By Serving

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

### Additional Images

