



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%



* Benefits

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

Nutrition Facts

Servings per Container156


Serving size2/3cup(89g)

Amount per serving

Calories25

| | % Daily Value* |
|-----------------------|----------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 15mg | 1% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 2g | 7% |
| Total Sugars 1g | |
| Includes Added Sugar | % |
| Protein 2g | |
| Vitamin D | % |
| Calcium | 2% |
| Iron | 2% |
| Potassium | % |

* 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 | <div> Product Specifications</div> | | | | | | | | | | | | | | | | | | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|-------------------|-------------------|-----------------|-------------------------|------------------|--------|----------------|-------|----------|--------|-------|------------|----------------------|-----|-----|-----|---------|-----|-------|------------|
| 12/2.5 lb. | <table><tr><th>Brand</th><th>Manufacturer</th><th>Product Category</th></tr><tr><td>SIMPLOT</td><td>JR SIMPLOT CALDWELL ID.</td><td>Vegetable Blends</td></tr></table> | Brand | Manufacturer | Product Category | SIMPLOT | JR SIMPLOT CALDWELL ID. | Vegetable Blends | | | | | | | | | | | | | | | |
| Brand | Manufacturer | Product Category | | | | | | | | | | | | | | | | | | | | |
| SIMPLOT | JR SIMPLOT CALDWELL ID. | Vegetable Blends | | | | | | | | | | | | | | | | | | | | |
| Serving Suggestions | <table><tr><th>MFG #</th><th>SPC #</th><th>GTIN</th><th>Pack</th><th>Pack Desc.</th></tr><tr><td>00436</td><td>202510</td><td>10071179004363</td><td>12</td><td>12/40 OZ</td></tr></table> | MFG # | SPC # | GTIN | Pack | Pack Desc. | 00436 | 202510 | 10071179004363 | 12 | 12/40 OZ | | | | | | | | | | | |
| MFG # | SPC # | GTIN | Pack | Pack Desc. | | | | | | | | | | | | | | | | | | |
| 00436 | 202510 | 10071179004363 | 12 | 12/40 OZ | | | | | | | | | | | | | | | | | | |
| A valuable ingredient for healthy eating, enhance recipes such as soups with this premium quality, deep green broccoli. | <table><tr><th>Gross Weight</th><th>Net Weight</th><th>Country of Origin</th><th>Kosher</th><th>Child Nutrition</th></tr><tr><td>32lb</td><td>30lb</td><td>MEX</td><td></td><td></td></tr></table> | Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition | 32lb | 30lb | MEX | | | | | | | | | | | | | |
| | Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition | | | | | | | | | | | | | | | | | |
| | 32lb | 30lb | MEX | | | | | | | | | | | | | | | | | | | |
| Prep & Cooking Suggestions | <table><tr><th colspan="7">Shipping Information</th></tr><tr><th>Length</th><th>Width</th><th>Height</th><th>Volume</th><th>TlxHl</th><th>Shelf Life</th><th>Storage Temp From/To</th></tr><tr><td>0in</td><td>0in</td><td>0in</td><td>1.04ft3</td><td>1x1</td><td>0DAYS</td><td>0°F / 32°F</td></tr></table> | Shipping Information | | | | | | | Length | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp From/To | 0in | 0in | 0in | 1.04ft3 | 1x1 | 0DAYS | 0°F / 32°F |
| Shipping Information | | | | | | | | | | | | | | | | | | | | | | |
| Length | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp From/To | | | | | | | | | | | | | | | | |
| 0in | 0in | 0in | 1.04ft3 | 1x1 | 0DAYS | 0°F / 32°F | | | | | | | | | | | | | | | | |
| 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(IU)• | | 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

