



**SIMPLOT**

# 202744 - Asparagus Cuts And Tips

Bright green and tender without fibrous stalks; Saves on valuable time and labor; Consistent year-round supply, quality and pricing; 100% useable, no trim, loss or waste



### \* Benefits

## Nutrition Facts

Servings per Container **13**  
Serving size **3/4cup(86g)**

Amount per serving  
**Calories 25**

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	3g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes Added Sugar	0g	0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.5mg	3%
Potassium	220mg	5%

\* 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

ASPARAGUS.

### Allergens

#### Free From:

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

### Handling Suggestions

6/2.5 lb.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
16037	202744	10071179160373	6	6/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17lb	15lb	CHL		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38in	11.38in	6in	0.53ft3	10x2	0DAYS	0°F / 32°F

### Serving Suggestions

Versatile ingredient for pasta, salads, grain bowls, quiche and more. A highly seasonal item, this ingredient allows you to enjoy the flavors of fresh all year long.

### Prep & Cooking Suggestions

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 TOP**1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 5 minutes, stirring as needed. **STEAMER**1. 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 18 minutes, stirring halfway through cook time.



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## Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	0mg
Protein	2	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	3g	Saturated Fat	0g	Iron	0.5mg
Sugars	1g	Added Sugars	0g	Potassium	220mg
Dietary Fiber	1g	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-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

