



SIMPLOT

203548 - Pepper Green Diced Iqf

Farm-fresh flavor and color; Even cooking with consistent 3/8" dices ; Reduces costly labor just heat and serve; Individually quick frozen for easy portioning and less waste



* Benefits

Nutrition Facts

Servings per Container **132**
Serving size **3/4cup(79g)**

Amount per serving
Calories 20

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes Added Sugar	0g	0%

Protein	1g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0.3mg	2%
Potassium	70mg	1%

* 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

GREEN BELL PEPPER.

Allergens

Free From:

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

Handling Suggestions

12/2 lb.

Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for omelets, soups, salads, and pizzas.

Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. SAUTÉ: Heat 1 Tbsp. of oil in a large skillet on MEDIUM-HIGH. Add one bag of frozen vegetables and cover. Saut for 9 minutes, stirring frequently. STEAMER: Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 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 12 minutes, stirring halfway through cook time.

Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
16505	203548	10071179165057	12	12/32 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25lb	24lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	0.78ft3	9x2	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	20	Total Fat	0g	Sodium	0mg
Protein	1	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	0.3mg
Sugars	2g	Added Sugars	0g	Potassium	70mg
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

