



**SIMPLOT**

# 203549 - Vegetable Blend Santa Fe \*Dnr\*

Colorful blend of corn, broccoli, black beans and red pepper; Consistent year-round quality and pricing; Reduces costly labor just heat and serve; Individually quick frozen for easy portioning



### \* Benefits

## Nutrition Facts

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

Amount per serving  
**Calories 60**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 0.6mg	<b>3%</b>
Potassium 190mg	<b>4%</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.

### Ingredients

CORN, BROCCOLI, COOKED BLACK BEANS, RED BELL PEPPER.

### Allergens

#### Free From:

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

### Handling Suggestions

12/2 lb.

### Serving Suggestions

Versatile and bursting with flavor, this blend can be an eye-catching side or a delicious ingredient for soups, pastas and more.

### 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. **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.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetable Blends

MFG #	SPC #	GTIN	Pack	Pack Desc.
016373	203549	10071179016373	12	12/32 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
26lb	24lb	USA		No

#### Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16in	11.63in	8.38in	0.9ft3	10x7	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	60	Total Fat	1g	Sodium	5mg
Protein	3	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	11g	Saturated Fat	0g	Iron	0.6mg
Sugars	3g	Added Sugars	0g	Potassium	190mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

