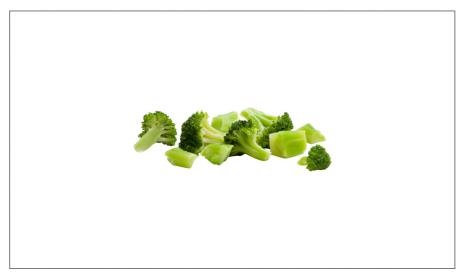


#### **SIMPLOT**

#### 203711 - Broccoli Cut Frozen

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:  Crustaceans of mollusks of eggs  Fish of milk of peanuts of sesame  Soy of tree nuts of wheat

# **Nutrition Facts**

Servings per Container 156 1cup(90g) Serving size

# Amount per serving Calories

25

Calories	
% Da	ily 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 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 190mg	4%
<u> </u>	

\* 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**

12/2.5 lb.

# Serving Suggestions

A valuable ingredient for healthy eating, enhance recipes such as soups with this premium quality, deep green broccoli.

# 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 TOP1. Bring 4 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 6 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 15 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 18 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.
00433	203711	10071179004332	12	12/40 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
32lb	30lb	MEX		No

Shipping Information							
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
18.5in	11.1in	9.3in	1.11ft3	10x2	0DAYS	0°F / 32°F	





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# Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	15mg
Protein	2	Trans Fats	0g	Calcium	30mg
Total Carbohydrates	4g	Saturated Fat	0g	Iron	0.4mg
Sugars	1g	Added Sugars	0g	Potassium	190mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose	Sucrose Vitamin A(IU)•		0mg		
Vitamin A(IU)•			0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	Vitamin C			Riboflavin	
Magnesium	Magnesium			Vitamin B-1 2•	
Monosodium Sulphites		Sulphites		Nitrates	

# Additional Images













