



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

Nutrition Facts

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

Amount per serving
Calories 25

% 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	0g	0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	190mg	4%

* 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

BROCCOLI.

Allergens

Free From:

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

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 TOP**1. 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. **STEAMER**1. 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	TlxHl	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		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

