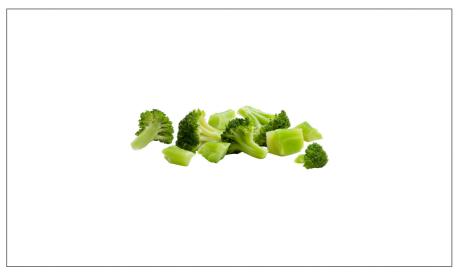


#### **SIMPLOT**

#### 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 on mollusks on eggs  Fish on milk on peanuts on sesame  Soy on tree nuts on wheat

## **Nutrition Facts**

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

# Amount per serving Calories

25

Calonies	
% Dail	y 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%

<sup>\*</sup> 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 TlxHl Shelf Life Storage Ten					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-1 2•	
Monosodium		Sulphites		Nitrates	

### Additional Images













