SIMPLOT

203745 - **Broccoli Spear Medium Frozen**

Hand-cut and trimmed for uniform size and farm-fresh plate appeal; Compare to raw trim loss of 25-35% ; No tough, fibrous material; Consistent year-round quality and pricing

SGC FOODSERVICE

Benefits

Nutrition Facts

Servings per Container	**132**
Serving size	**1/2cup(79g)**
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 0g Added Sugar	**0%**
Protein 2g	
Vitamin D 0mcg	**0%**
Calcium 30mg	**2%**
Iron 0.4mg	**2%**
Potassium 160mg	**3%**

* 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 lb.

Serving Suggestions

Manage food costs and enjoy the flavors of fresh all year long. Make your own signature blends with fresh ingredients or simply toss with seasonings and sauces for a flavorful side.

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 5 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 14 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.
004349	203745	10071179004349	12	12/2#

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
16.8in	10.2in	11.8in	1.17ft3	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	160mg
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

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