

#### 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



		Nutrition FactsServings per Container132Serving size1/2cup(79g)		
		Amount per serving Calories	25	
	519	% Daily Value*		
		Total Fat Og	0%	
		Saturated Fat 0g	0%	
		Trans Fat 0g		
		Cholesterol 0mg	0%	
<b>*</b> Benefits		Sodium 15mg	1%	
•		Total Carbohydrate 4g	1%	
		Dietary Fiber 2g	7%	
		Total Sugars 1g		
		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 2g		
ingredients				
BROCCOLI.	Free From:	Vitamin D 0mcg	0%	
BROCCOLI.	(S) crustaceans (C) eggs	Calcium 30mg	2%	
		Iron 0.4mg	2%	
	(C) fish (I) milk (S) peanuts (B) sesame	Potassium 160mg	3%	
	() soy () tree nuts () wheat	* 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 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 fullsize 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 & F   MFG # SPC # GTIN Pack Pack								
	rozen							
MEG # SPC # GTIN Pack Pack								
	Desc.							
004349 203745 10071179004349 12 12/								
Gross Weight Net Weight Country of Origin Kosher Child Nu	utrition							
26lb 24lb MEX No	0							
Shipping Information								
Length Width Height Volume TIxHI Shelf Life Storage Temp F	rom/To							
16.8in     10.2in     11.8in     1.17ft3     10x2     0DAYS     0°F / 32°F	0°F / 32°F							





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Nutrition Analysis - By Serving

Calories	25	Total Fat	Og	Sodium	15mg
Protein	2	Trans Fats	Og	Calcium	30mg
Total Carbohydrates…	4g	Saturated Fat	Og	Iron	0.4mg
Sugars	1g	Added Sugars	Og	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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



