



**SIMPLOT**

# 203746 - Vegetable Blend Spring \*Dnr\*

Complex blend of broccoli, cauliflower, Italian green beans, carrots, zucchini, yellow squash and red pepper; Reduces costly labor just heat and serve; Consistent year-round quality and pricing; Individually quick frozen for easy portioning



### \* Benefits

## Nutrition Facts

Servings per Container **144**  
Serving size **3/4cup(74g)**

Amount per serving  
**Calories 20**

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes Added Sugar	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	21mg	2%
Iron	0.3mg	2%
Potassium	151mg	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, CAULIFLOWER, ITALIAN GREEN BEANS, CARROTS, ZUCCHINI, YELLOW SQUASH, RED BELL PEPPER.

### Allergens

#### Free From:

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

### Handling Suggestions

12/2 lb.

### Serving Suggestions

An eye-catching side or an excellent ingredient for soups, pastas and more.

### Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW, THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. **STOVE TOP**1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 7 minutes, stirring as needed. **STEAMER**1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 4 minutes. **MICROWAVE** (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 2 tbsp of water and cover.3. Cook on HIGH for 15 minutes, stirring halfway through cook time.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetable Blends

MFG #	SPC #	GTIN	Pack	Pack Desc.
984627	203746	10071179984627	12	12/2#

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

#### Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.8in	10.2in	11.8in	1.17ft3	10x1	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	20	Total Fat	0g	Sodium	10mg
Protein	1	Trans Fats	0g	Calcium	21mg
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	0.3mg
Sugars	2g	Added Sugars	0g	Potassium	151mg
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

