

## SIMPLOT 203746 - Vegetable Blend Spring \*Dnr\*

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



		<b>Nutrition Facts</b>			
	Servings per Container 144 Serving size 3/4cup(74g)				
		Amount per serving Calories	20		
		% Daily Value*			
		Total Fat Og	0%		
		Saturated Fat 0g	0%		
		Trans Fat 0g			
		Cholesterol 0mg	0%		
* Benefits		Sodium 10mg	0%		
		Total Carbohydrate 4g	1%		
		Dietary Fiber 2g	7%		
		Total Sugars 2g			
		Includes 0g Added Sugar	0%		
Ingredients	Allergens	Protein 1g			
5		Vitamin D 0mcg	0%		
BROCCOLI, CAULIFLOWER, ITALIAN GREEN BEANS, CARROTS, ZUCCHINI, YELLOW SQUASH, RED BELL PEPPER.	Free From:	Calcium 21mg	2%		
	🛞 crustaceans 🛞 mollusks 🔘 eggs	Iron 0.3mg	2%		
	fish 👔 milk 🔇 peanuts 🗞 sesame	Potassium 151mg	3%		
	soy 💮 tree nuts 🍘 wheat	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.			

Handling Suggestions

12/2 lb.

Serving Suggestions

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

## 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 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 7 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted fullsize 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							
SIMPLOT			JR SIMPLOT CALDWELL ID.							
MFG	#	SPC #		GTIN		Pack		Pack Desc.		
98462	27	203746	1(	0071179984627		7 12		12/2#		
Gross Weight Net Weight		Country of Origin		Kosher		Child Nutrition				
26	b	24lb		USA				No		
Shipping Information										
Length	Width	Height	Volun	ne	TIxHI	Shelf Life Storag		Storag	ge Temp From/To	
16.8in	10.2in	11.8in	1.17f	t3	10x1	0DAYS 0°F / 32°F		0°F / 32°F		





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Nutrition Analysis - By Serving

Calories	20	Total Fat	Og	Sodium	10mg
Protein	1	Trans Fats	Og	Calcium	21mg
Total Carbohydrates…	4g	Saturated Fat	Og	Iron	0.3mg
Sugars	2g	Added Sugars	Og	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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



