



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 | 0g Added Sugar | 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:



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 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

