



SIMPLOT

203748 - Vegetable Meadow Blend

Farm-fresh carrots, green beans, yellow squash and zucchini ;Reduces costly laborjust heat and serve ;Consistent year-round quality and pricing ;Individually quick frozen for easy portioning



* Benefits

Nutrition Facts

10 Servings Per Container

Serving size 3/4 cup (87g)

Amount per serving
Calories 30

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total Carbohydrate 6 g	2%
Dietary Fiber 2 g	7%
Total Sugars 2 g	
Includes 0 g Added Sugar	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 27 mg	2%
Iron 0.5 mg	3%
Potassium 184 mg	4%

* 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

CARROTS, GREEN BEANS, YELLOW SQUASH, ZUCCHINI.

Allergens

Free From:



Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

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

Prep & Cooking Suggestions

Stove Top / Saut
STOVE TOP

1. Bring 5 quarts of water to a boil on HIGH.
2. Add one bag of frozen vegetables and cook for 4 minutes, stirring as needed.

Product Specifications

Brand	Manufacturer
SIMPLOT	J.R. Simplot Company

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179671664	203748	10071179671664	12	12 / 2.0 LBR

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16 in	10 in	9.63 in	0.89 ft3	12x6	730 DAYS	-10 °F / 10 °F



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Nutrition Analysis - By Serving

Calories	30	Total Fat	0 g	Sodium	15 mg
Protein	1	Trans Fats	0 g	Calcium	27 mg
Total Carbohydrates...	6 g	Saturated Fat	0 g	Iron	0.5 mg
Sugars	2 g	Added Sugars	0 g	Potassium	184 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)·		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12·	
Monosodium		Sulphites		Nitrates	

Additional Images

