



SIMPLOT

203851 - Cauliflower Frozen lqf

Premium-quality cauliflower, known for its high fiber and low carbs; Hand-cut for uniformity and even cooking; Compare to raw trim loss of 45% ; Consistent year-round quality and pricing; Individually quick frozen for easy portioning and less waste



Nutrition Facts

Servings per Container 120
Serving size 1cup(94g)

Amount per serving
Calories 25

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 180mg	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.

* Benefits

Ingredients

CAULIFLOWER.

⚠ Allergens

Free From:

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

Handling Suggestions

12/2 lb.

Serving Suggestions

Manage food costs and enjoy the flavors of fresh all year long. Serve "as is," 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 165°F. 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 7 minutes, stirring as needed. STEAMER1. 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.	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
18501	203851	10071179185017	12	12/2#

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

Shipping Information						
Length	Width	Height	Volume	TLxHl	Shelf Life	Storage Temp From/To
16.8in	10.4in	12.1in	1.22ft3	9x4	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	20mg
Protein	2	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	0.4mg
Sugars	2g	Added Sugars	0g	Potassium	180mg
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

