



**SIMPLOT**

# 203919 - Corn Cut Simply Sweet Frozen

Farm-fresh, super sweet variety corn; Reduces costly labor on shucking or cutting; Compare to raw trim loss of 72%; No paying for drainage like canned; Easy preps and excellent hold times



## Nutrition Facts

Servings per Container **144**  
Serving size **2/3cup(91g)**

Amount per serving  
**Calories 90**

% Daily Value\*

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 200mg	<b>4%</b>

\* 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

CORN.

### ⚠ Allergens

**Free From:**

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

### Handling Suggestions

12/2.5 lb.

### Serving Suggestions

This versatile ingredient is recipe-ready for sides, pastas, salads, soups and chowders, salsa, and more.

### Prep & Cooking Suggestions

Food Safety Statement: KEEP FROZEN UNTIL READY TO USE IF THAWED, DO NOT REFREEZE. THAW AND SERVE 1. Thaw unopened package no more than six days at =40F. STOVE TOP (optional) 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. MICROWAVE (1100 WATTS) (optional) 1. Add one bag of frozen vegetables and 2 Tbsp. of water to a microwave safe dish. 2. Cover and cook on HIGH for 14 minutes, stirring halfway through cook time.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetables, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
18733	203919	10071179187332	12	12/40 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
31lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.3in	11in	8.7in	0.96ft3	10x4	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	90	Total Fat	2g	Sodium	0mg
Protein	3	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	16g	Saturated Fat	0g	Iron	0mg
Sugars	8g	Added Sugars	0g	Potassium	200mg
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

