



SIMPLOT

# 203920 - Corn White S/O

We've dedicated over 30 years to an exceptional variety of delicious vegetables. As a result, Simplot vegetables simply look and taste fantastic.



## Nutrition Facts

Servings per Container 12  
Serving size 2/3cup(97g) (97Grams)

Amount per serving  
**Calories 100**

	% Daily Value*
<b>Total Fat</b> 0.5g	<b>1%</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> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 3g	
Vitamin D	<b>%</b>
Calcium	<b>0%</b>
Iron	<b>2%</b>
Potassium	<b>%</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	Allergens
WHITE CORN.	<b>Free From:</b> crustaceans  eggs  fish  milk peanuts  sesame  soy  tree nuts wheat

### Handling Suggestions

12/2.5#

### Serving Suggestions

Simply Sweet White Corn, 12/2.5#

### Prep & Cooking Suggestions

Keep frozen until ready to use. For food safety and quality, cook to a temperature of 165F. **STOVE TOP:** Bring 5 quarts of water to a boil on HIGH. Add one bag of frozen vegetables and cook for 4 minutes, stirring as needed. **MICROWAVE (1100 WATTS):** Place one bag of frozen vegetables in a microwave safe dish. Add 2 Tbsp. of water and cover. 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.
035589	203920	10071179035589	12	12/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
31.5lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.25in	10.25in	10.63in	1.02ft3	9x8	720DAYS	-10°F / 10°F



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### Nutrition Analysis

Calories	100	Total Fat	0.5g	Sodium	0mg
Protein	3	Trans Fats	0g	Calcium	
Total Carbohydrates...	20g	Saturated Fat	0g	Iron	
Sugars	9g	Added Sugars		Potassium	
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

