



SIMPLOT

# 204008 - Vegetable Mixed 5 Way Frozen

Farm-fresh sweet corn, carrots, green beans, peas and lima beans; Saves on valuable time and labor; Consistent year-round quality and pricing; 100% useable, no trim, loss or waste



## Nutrition Facts

Servings per Container 156  
Serving size 2/3cup(86g)

Amount per serving  
**Calories 60**

	% 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> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 24mg	<b>2%</b>
Iron 0.8mg	<b>4%</b>
Potassium 196mg	<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

CARROTS, CORN, GREEN BEANS, PEAS, LIMA BEANS.

### Allergens

#### Free From:



### Handling Suggestions

12/2.5lb.

### Serving Suggestions

Colorful blend for signature side dishes or add to soups, casseroles, and stews. Mix with your favorite house dressing for easy salads and healthy menu items.

### 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 5 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 17 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.
18811	204008	10071179188117	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	TlxHl	Shelf Life	Storage Temp From/To
17in	11.1in	8.8in	0.96ft3	10x2	0DAYS	0°F / 32°F



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### Nutrition Analysis - By Serving

Calories	60	Total Fat	0.5g	Sodium	25mg
Protein	3	Trans Fats	0g	Calcium	24mg
Total Carbohydrates...	12g	Saturated Fat	0g	Iron	0.8mg
Sugars	4g	Added Sugars	0g	Potassium	196mg
Dietary Fiber	3g	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

