



SIMPLOT

# 204107 - Broccoli Cut Frozen Iqf

This broccoli is hand-cut and trimmed to our high standards ; Tender and crisp with uniform appearance; Saves on valuable time and labor; Individually quick frozen for easy portioning and less waste



### \* Benefits

## Nutrition Facts

Servings per Container 100  
Serving size 1cup(90g)

Amount per serving  
**Calories 25**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.4mg	<b>2%</b>
Potassium 190mg	<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.

### Ingredients

BROCCOLI.

### Allergens

#### Free From:

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

### Handling Suggestions

1/20lb.

### Serving Suggestions

This versatile ingredient is recipe-ready for sides, pasta, salads, soup, quiche and more.

### Prep & Cooking Suggestions

Food Safety Statement: REMOVE DESIRED AMOUNT OF VEGETABLES FROM CASE (OR BAG) AND HEAT TO 165F PRIOR TO SERVING FOR FOOD SAFETY AND QUALITY.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetable Blends

MFG #	SPC #	GTIN	Pack	Pack Desc.
82362	204107	10071179823629	1	1/20#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
21.5lb	20lb	MEX		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.3in	11.4in	8.6in	0.87ft3	12x5	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	15mg
Protein	2	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	0.4mg
Sugars	1g	Added Sugars	0g	Potassium	190mg
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

