



SIMPLOT

204200 - Pepper Onion Blend

Even cooking with consistent 3/8" dices; 100% useable, no trim, loss or waste; Consistent year-round quality and pricing; Individually quick frozen for easy portioning



Nutrition Facts

Servings per Container 132
Serving size 3/4cup(82g)

Amount per serving
Calories 25

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	5g	2%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes Added Sugar	0g	0%

Protein	1g	
Vitamin D	0mcg	0%
Calcium	10mg	1%
Iron	0.3mg	2%
Potassium	90mg	2%

* 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

GREEN BELL PEPPER, ONIONS, RED BELL PEPPER.

Allergens

Free From:

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

Handling Suggestions

12/2 lb.

Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for omelets, soups, salads, and pizzas.

Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW, THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. SAUT1. Heat 1 Tbsp. oil in a large skillet on MEDIUM-HIGH.2. Add one bag of frozen vegetables. Saut for 9 minutes, stirring frequently. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 5 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.	Vegetable Blends

MFG #	SPC #	GTIN	Pack	Pack Desc.
16762	204200	10071179167624	12	12/32 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.2lb	24lb	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	1.15ft3	10x3	0DAYS	0°F / 32°F



SIMPLOT

204200 - Pepper Onion Blend

Even cooking with consistent 3/8" dices; 100% useable, no trim, loss or waste;
Consistent year-round quality and pricing; Individually quick frozen for easy
portioning



Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	0mg
Protein	1	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	5g	Saturated Fat	0g	Iron	0.3mg
Sugars	2g	Added Sugars	0g	Potassium	90mg
Dietary Fiber	1g	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

