



SIMPLOT

204202 - Vegetable Blend Santa Fe S/O

Colorful corn, broccoli, black beans and red peppers in a sauce with a confident Southwest accent; Refined hand-picked, hand-cut look; Reduces costly labor just heat and serve; Consistent year-round quality and pricing; Individually quick frozen for easy portioning and less waste



Nutrition Facts

Servings per Container **143**
Serving size **1/2cup(95g)**

Amount per serving
Calories 90

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 2g Added Sugar	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 220mg	5%

* 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, BROCCOLI, BLACK BEANS (WATER, BLACK BEANS), WATER, RED PEPPERS, SEASONING (SUGAR, SALT, DEXTROSE, SPICES, MODIFIED CORN STARCH, ONION POWDER, XANTHAN GUM, SOY LECITHIN, GARLIC POWDER, NATURAL FLAVOR, TURMERIC AND ANNATTO EXTRACTS [COLOR], CITRIC ACID), MARGARINE (SOYBEAN OIL AND HYDROGENATED SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, VEGETABLE MONO AND DIGLYCERIDES, SOY LECTIHIN, CITRIC ACID, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED).

Allergens

Contains:



Free From:



Handling Suggestions

12/2.5lb

Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
019398	204202	10071179019398	12	12/2.5#

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

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	1.02ft3	1x1	0DAYS	0°F / 32°F

Serving Suggestions

This regional favorite combines colorful corn, broccoli, black beans and red peppers in a flavorful Southwest sauce. A side with real plate appeal or elevate a salad, soup, rice bowl and more.

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. STOVE TOP1. Empty contents of one full bag into a large skillet or saucepan.2. Cover and cook on MEDIUM heat for 10 minutes, stirring frequently. BOIL IN BAG1. On high heat bring water to boil.2. Place thawed bag in boiling water and reduce heat to med high.3. Cook for 50 minutes. Rotate bag frequently for even cook. MICROWAVE (1100 Watts)1. Empty contents of one bag of frozen vegetables into a microwave safe dish and cover.2. Cook on HIGH for 16 minutes, stirring halfway through cook time.



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Nutrition Analysis - By Serving

Calories	90	Total Fat	3g	Sodium	250mg
Protein	3	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	4g	Saturated Fat	0.5g	Iron	0.8mg
Sugars	5g	Added Sugars	2g	Potassium	220mg
Dietary Fiber	4g	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

