



**SIMPLOT**

# 204203 - Vegetable Blend Sonoma Frozen

Farm-fresh broccoli, sugar snap peas, orange and yellow carrots; Culinary cuts and large florets; Reduces costly labor just heat and serve; Consistent year-round quality and pricing



### \* Benefits

## Nutrition Facts

Servings per Container **112**  
Serving size **1cup(96g)**

Amount per serving  
**Calories 30**

% 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> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 37mg	<b>3%</b>
Iron 0.5mg	<b>3%</b>
Potassium 164mg	<b>3%</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, SUGAR SNAP PEAS, CARROTS, YELLOW CARROTS.

### Allergens

#### Free From:

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

### Handling Suggestions

8/3 #

### Serving Suggestions

This tasty blend is a mixture of everyone's favorite vegetables! Serve as a side with a simple sauce or garlic butter. Perfect for stir fry, in hearty stews or tossed with pasta for upscale vegetarian entree.

### 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. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 11 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1/4 cup of water and cover.3. Cook on HIGH for 20 minutes, stirring halfway through cook time.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	

MFG #	SPC #	GTIN	Pack	Pack Desc.
00376	204203	10071179003762	8	8/3#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.5lb	24lb	USA		No

#### Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	1.24ft3	9x2	365DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	30	Total Fat	0g	Sodium	35mg
Protein	1	Trans Fats	0g	Calcium	37mg
Total Carbohydrates...	7g	Saturated Fat	0g	Iron	0.5mg
Sugars	3g	Added Sugars	0g	Potassium	164mg
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

