



**SIMPLOT**  
**204321 - Vegetable Blend Scandinavian**

Farm-fresh peas, zucchini, green beans, orange carrots and onions; Reduces costly labor just heat and serve; Consistent year-round quality and pricing; Individually quick frozen for easy portioning



**Nutrition Facts**

Servings per Container 132  
Serving size 3/4cup(86g)

Amount per serving  
**Calories 40**

	% 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> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0.8mg	<b>4%</b>
Potassium 162mg	<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.

\* Benefits

Ingredients

GREEN PEAS, ZUCCHINI,  
CARROTS, GREEN BEANS,  
ONION.

⚠ Allergens

Free From:

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

Handling Suggestions

12/2 lb.

Serving Suggestions

An eye-catching side or a an excellent ingredient for soups, pastas and more.

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 TOP1. 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. STEAMER1. 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 14 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.
18863	204321	10071179188636	12	12/2#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
24.35lb	24lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
16.1in	11.8in	8.5in	0.94ft3	10x2	0DAYS	0°F / 32°F



**SIMPLOT**  
**204321 - Vegetable Blend Scandinavian**

Farm-fresh peas, zucchini, green beans, orange carrots and onions; Reduces costly labor just heat and serve; Consistent year-round quality and pricing; Individually quick frozen for easy portioning



Nutrition Analysis - By Serving

Calories	40	Total Fat	0g	Sodium	10mg
Protein	2	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	8g	Saturated Fat	0g	Iron	0.8mg
Sugars	3g	Added Sugars	0g	Potassium	162mg
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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

