



SIMPLOT

# 204454 - Vegetable Blend Edamame Succotash

Succotash the new way, with edamame, corn and red peppers!; All the flavor and colors of fresh; Individually quick frozen for easy portioning and less waste; Consistent year-round quality and pricing



## Nutrition Facts

Servings per Container 78  
Serving size 2/3cup(89g)

Amount per serving  
**Calories 100**

% Daily Value\*

<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 28mg	<b>2%</b>
Iron 1.1mg	<b>6%</b>
Potassium 304mg	<b>6%</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

SOYBEANS, CORN, RED BELL PEPPER.

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

6 / 2.5 lbs.

### Serving Suggestions

This eye-catching blend is ready for your vegan and vegetarian options. Perfect for signature sides, sauts, pastas and stir-fry. Add wild rice or barley to create a vegetarian entree. Toss with butter and fresh herbs for a succulent side dish. Cook, chill and serve atop salads or in a wrap.

### 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 8 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 1/4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Mixed Vegetables

MFG #	SPC #	GTIN	Pack	Pack Desc.
01638	204454	10071179016380	6	6/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17lb	15lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	0.58ft3	10x3	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	100	Total Fat	3g	Sodium	0mg
Protein	6	Trans Fats	0g	Calcium	28mg
Total Carbohydrates...	11g	Saturated Fat	0g	Iron	1.1mg
Sugars	5g	Added Sugars	0g	Potassium	304mg
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-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

