



SIMPLOT

204456 - Vegetable Blend Meadow

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



* Benefits

Nutrition Facts

Servings per Container 120
Serving size 3/4cup(87g)

Amount per serving
Calories 30

% Daily Value*

Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugar 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 0.5mg 3%

Potassium 184mg 4%

* 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

CARROTS, GREEN BEANS, YELLOW SQUASH, ZUCCHINI.

Allergens

Free From:



Handling Suggestions

12/2 lb.

Serving Suggestions

An eye-catching side or an excellent ingredient for soups, stews, 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 TOP**1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 4 minutes, stirring as needed. **STEAMER**1. 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.	Coleslaw

MFG #	SPC #	GTIN	Pack	Pack Desc.
67166	204456	10071179671664	12	12/32 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.25lb	24lb	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	1.17ft3	12x4	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	30	Total Fat	0g	Sodium	15mg
Protein	1	Trans Fats	0g	Calcium	27mg
Total Carbohydrates...	6g	Saturated Fat	0g	Iron	0.5mg
Sugars	2g	Added Sugars	0g	Potassium	184mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

