

## SIMPLOT 204456 - Vegetable Blend Meadow



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

	Nutrition FactsServings per Container120Serving size3/4cup(87g)			
		Amount per serving Calories	30	
		% Daily Valu		
		Total Fat Og	0%	
	A de la	Saturated Fat 0g	0%	
		Trans Fat 0g		
		Cholesterol 0mg	0%	
<b>≭</b> Benefits		Sodium 15mg	1%	
•		Total Carbohydrate 6g	2%	
		Dietary Fiber 2g	7%	
		Total Sugars 2g		
		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 1g		
		Vitamin D 0mcg	0%	
CARROTS, GREEN BEANS, YELLOW SQUASH, ZUCCHINI.	Free From:	Calcium 27mg	2%	
	crustaceans 🛞 mollusks 🔘 eggs	Iron 0.5mg	3%	
	fish 👔 milk 🔇 peanuts 🛞 sesame	Potassium 184mg	4%	
	soy 💮 tree nuts 🏽 wheat	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.		

#### Handling Suggestions

12/2 lb.

Serving Suggestions

An eye-catching side or a 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 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 4 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted fullsize 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	Man	Manufacturer			Product Category		
SIMPLOT	JR SIMPLO	JR SIMPLOT CALDWELL ID.			egetables, Canned & Frozen		
MFG #	SPC #	GTIN		Pack	Pack Desc.		
67166	204456	100711796716	10071179671664		12/32 OZ		
Gross Weigh	t Net Weigł	nt Country of O	rigin	Kosher	Child Nutrition		
25.25lb	24lb	USA		Yes	No		
Shinning Information							

Shipping Information						
Length	Width	Height	Volume	TIxHI	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

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Calories	30	Total Fat	Og	Sodium	15mg
Protein	1	Trans Fats	Og	Calcium	27mg
Total Carbohydrates…	6g	Saturated Fat Og		Iron	0.5mg
Sugars	2g	Added Sugars Og		Potassium	184mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol Omg			
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



