



SIMPLOT

# 204479 - Vegetable Blend Antigua Frozen

Farm-fresh mix of broccoli, cauliflower, green beans, carrots and red bell peppers ;Upscale hand-cut look ;Reduces costly laborjust heat and serve ;Consistent year-round quality and pricing ;Individually quick frozen for easy portioning and less waste



## Nutrition Facts

17 Servings Per Container

Serving size **3/4 cup (78g)**

Amount per serving  
**Calories 25**

% Daily Value\*

<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 15 mg	<b>1%</b>
<b>Total Carbohydrate</b> 5 g	<b>2%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 2 g	
Includes 0 g Added Sugar	<b>0%</b>
<b>Protein</b> 1 g	
Vitamin D 0 mcg	<b>0%</b>
Calcium 0 mg	<b>0%</b>
Iron 0.4 mg	<b>2%</b>
Potassium 156 mg	<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

BROCCOLI, CAULIFLOWER, GREEN BEANS, CARROTS, RED BELL PEPPER.

### ⚠ Allergens

#### Free From:



### Handling Suggestions

Keep frozen 0F or below

### Serving Suggestions

This colorful blend is ideal as a side, or in stir fry, stew, pot pie and more. Toss with pasta or rice for a satisfying vegetarian entree.

### Prep & Cooking Suggestions

Stove Top / Saut  
STOVE TOP

1. Bring 5 quarts of water to a boil on HIGH.
2. Add one bag of frozen vegetables and cook for 12 minutes, stirring as needed.

### 📄 Product Specifications

Brand	Manufacturer
SIMPLOT	J.R. Simplot Company

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179603337	204479	10071179603337	8	8 / 3.0 LBR

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16 in	13 in	9.63 in	1.16 ft3	9x6	730 DAYS	-10 °F / 10 °F



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## Nutrition Analysis - By Serving

Calories	25	Total Fat	0 g	Sodium	15 mg
Protein	1	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	5 g	Saturated Fat	0 g	Iron	0.4 mg
Sugars	2 g	Added Sugars	0 g	Potassium	156 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)·		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12·	
Monosodium		Sulphites		Nitrates	

## Additional Images

