



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 labor just heat and serve; Consistent year-round quality and pricing; Individually quick frozen for easy portioning and less waste



Nutrition Facts

Servings per Container 136
Serving size 3/4cup(78g)

Amount per serving
Calories 25

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	5g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes Added Sugar	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0.4mg	2%
Potassium	156mg	3%

* 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

8/3lb.

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

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 12 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 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 22 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.
60333	204479	10071179603337	8	8/3#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
24.75lb	24lb	USA		No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.5in	11.4in	9.7in	1.25ft3	8x4	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	15mg
Protein	1	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	5g	Saturated Fat	0g	Iron	0.4mg
Sugars	2g	Added Sugars	0g	Potassium	156mg
Dietary Fiber	2g	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

