



SIMPLOT

204480 - Vegetable Blend Catalina

Farm-fresh mix of broccoli, green beans, yellow 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 1 cup (79g)

Amount per serving
Calories 25

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 20 mg 1%

Total Carbohydrate 5 g 2%

Dietary Fiber 2 g 7%

Total Sugars 2 g

Includes 0 g Added Sugar 0%

Protein 1 g

Vitamin D 0 mcg 0%

Calcium 27 mg 2%

Iron 0.4 mg 2%

Potassium 151 mg 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, GREEN BEANS, YELLOW CARROTS, RED BELL PEPPER.

Allergens

Free From:



Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

This colorful blend features large pieces that look great on the plate. Serve as a side or an ingredient in stir fries, hearty stews, and potpies. 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.
10071179662662	204480	10071179662662	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	10.38 in	1.25 ft3	9x6	730 DAYS	-10 °F / 10 °F



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Nutrition Analysis - By Serving

Calories	25	Total Fat	0 g	Sodium	20 mg
Protein	1	Trans Fats	0 g	Calcium	27 mg
Total Carbohydrates...	5 g	Saturated Fat	0 g	Iron	0.4 mg
Sugars	2 g	Added Sugars	0 g	Potassium	151 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-1 2·	
Monosodium		Sulphites		Nitrates	

Additional Images

