



SIMPLOT

# 204503 - Asparagus Spear Medium Frozen

100% useable, no trim, loss or waste from fibrous stalks; All the flavor and color of fresh with excellent plate coverage; Saves on valuable time and labor; Consistent year-round quality and pricing



### \* Benefits

## Nutrition Facts

Servings per Container **78**  
Serving size 3oz(85g/about 8 spears)

Amount per serving  
**Calories 25**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 0.5mg	<b>3%</b>
Potassium 220mg	<b>5%</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.

### Ingredients

ASPARAGUS.

### Allergens

#### Free From:



### Handling Suggestions

6/2.5 lb.

### Serving Suggestions

Plain, seasoned or topped with a Hollandaise sauce, asparagus spears enhance any entree. A highly seasonal item, this ingredient allows you to enjoy the flavors of fresh all year long.

### 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 water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 6 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 20 minutes, stirring halfway through cook time.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
18028	204503	10071179180289	6	6/40 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17lb	15lb	CHL		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.9in	10.3in	8.2in	0.68ft3	10x3	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	0mg
Protein	2	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	3g	Saturated Fat	0g	Iron	0.5mg
Sugars	1g	Added Sugars	0g	Potassium	220mg
Dietary Fiber	1g	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

