



SIMPLOT

# 204560 - Spinach Chopped Iqf

\*No additional cost per serving over wet pack. \*60% less prep time than wet pack. \*18% higher yield than wet pack. \*IQF frozen, use just what you need.



### \* Benefits

## Nutrition Facts

Servings per Container 115  
Serving size 3/4cup(79g)

Amount per serving  
**Calories 25**

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrate	4g	1%
Dietary Fiber	2g	7%
Total Sugars	0g	
Includes Added Sugar		%

**Protein 2g**

Vitamin D		%
Calcium		8%
Iron		8%
Potassium		%

\* 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

SPINACH.

### ⚠ Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

1/20lb.

### Serving Suggestions

Farm-fresh leaves ready to use in recipes or as a colorful side dish. With lower moisture than wetpack, a perfect ingredient for creamed spinach, artichoke dip, baked goods, quiche and more.

### Prep & Cooking Suggestions

Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165F. STEAMER: Place 48 oz in a half-size slotted steam table pan. Steam for 10 minutes, to 165F. Drain thoroughly. STOVE TOP: Place 32oz in a china cup. Immerse into a kettle of boiling water. Cover and cook for 6 minutes or until water returns to a boil, or to 165F MICROWAVE: Place 16oz in a 900 WATT microwave for approximately 4 minutes.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetables, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
91663	204560	10071179916635	1	1/20#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
20.05lb	20lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.3in	9.8in	8.1in	0.7ft3	10x5	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	75mg
Protein	2	Trans Fats	0g	Calcium	
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	
Sugars	0g	Added Sugars		Potassium	
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

