

#### **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

| Ingredients | ▲ Allergens  |
|-------------|--|
| SPINACH.    | Free From:    Continue   Continue |

# **Nutrition Facts**

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

## 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%             |

\* 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.

#### **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 320z 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 |
|         |                         |                   |

Potassium

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 21.5lb       | 20lb       | USA               |        | No              |

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





#### **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.

#### 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(IU)•         |    | 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







