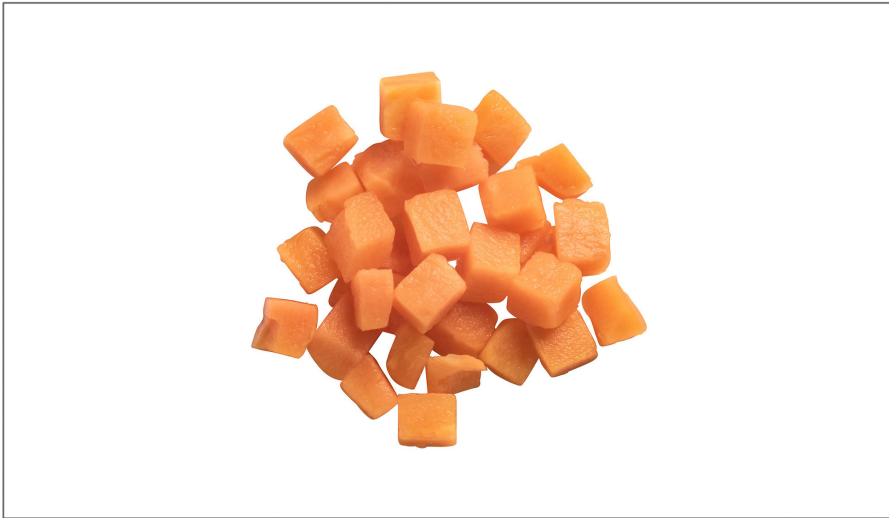




SIMPLOT

# 204561 - Carrot Diced S/O

6-day refrigerated shelf life; Thaw and serve; Farm-fresh flavor, color and texture; Reduces costly labor on trimming or waste; Individually quick frozen for easy portioning and less waste



### \* Benefits

## Nutrition Facts

Servings per Container 132  
Serving size 3/4cup(82g)

Amount per serving  
**Calories 35**

	% 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> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 190mg	<b>4%</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

CARROTS.

### Allergens

#### Free From:

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

### Handling Suggestions

12/2 lb.

### Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for sides, salads, soups, breakfast hash, pilafs and more.

### Prep & Cooking Suggestions

Food Safety Statement: KEEP FROZEN UNTIL READY TO USE IF THAWED, DO NOT REFREEZE. THAW AND SERVE 1. Thaw unopened package no more than six days at =40F. STOVE TOP (optional) 1. Bring 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 4 minutes, stirring as needed. STEAMER (optional) 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 4 minutes.

### Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
18411	204561	10071179184119	12	12/32 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.25lb	24lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
0in	0in	0in	0.87ft3	10x2	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	35	Total Fat	0g	Sodium	35mg
Protein	1	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	8g	Saturated Fat	0g	Iron	0mg
Sugars	4g	Added Sugars	0g	Potassium	190mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

