



SIMPLOT

204907 - Vegetable Grain Red Quinoa

Vegetarian, vegan and gluten-free; Pre-cooked perfection every serving, freezer to plate in minutes; Consistent results just heat and serve; IQF for easy portioning; Serve hot, or chill after cooking for cold applications



Nutrition Facts

Servings per Container **9**
Serving size **1cup(126g)**

Amount per serving
Calories 150

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.9mg	11%
Potassium 220mg	5%

* 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

WATER, RED QUINOA.

Allergens

Free From:

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

Handling Suggestions

KEEP FROZEN UNTIL READY TO USE
"CASE: 6/2.5 LB BAGS / 15 LB NET WT (6.80 kg) POLY: NET WT 40 OZ (2.5 LB) 1.13 kg"

Serving Suggestions

Simplot Good Grains Red Quinoa is a great stand alone side, as well as going great in salads, soups, & grain bowls.

Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS. THIS PRODUCT MUST BE COOKED TO AN INTERNAL TEMPERATURE OF 160F PRIOR TO EATING. Promptly refrigerate any unused heated portion. SKILLET Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Saut half bag of frozen product for 6 minutes, covered stirring frequently. STEAMER Put half bag of frozen product in a solid half size steam pan. Cook in pre-heated steamer for 6 minutes. MICROWAVE (1100 WATTS) Microwave half bag of frozen product, covered, on HIGH for 8 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT.

Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetable Blends

MFG #	SPC #	GTIN	Pack	Pack Desc.
038009	204907	10071179038009	6	6/2.5#

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.37in	12in	7.12in	0.66ft3	5x3	0DAYS	0°F / 32°F



SIMPLOT

204907 - Vegetable Grain Red Quinoa

Vegetarian, vegan and gluten-free; Pre-cooked perfection every serving, freezer to plate in minutes; Consistent results just heat and serve; IQF for easy portioning; Serve hot, or chill after cooking for cold applications



Nutrition Analysis - By Serving

Calories	150	Total Fat	2.5g	Sodium	10mg
Protein	6	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	27g	Saturated Fat	0g	Iron	1.9mg
Sugars	1g	Added Sugars	0g	Potassium	220mg
Dietary Fiber	4g	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

