



SIMPLOT

205387 - Vegetable Blend Mg Orzo, Garb, Kale

Vegan/vegetarian; Simplifies varied cooking times of the multiple grains included; Consistent results just heat and serve; Serve hot or chill after cooking for cold applications; Meets consumer demands for whole grains at 10g per serving



* Benefits

Nutrition Facts

Servings per Container **54**
Serving size **1cup(129g)**

Amount per serving
Calories 150

% Daily Value*

Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0.3mcg	2%
Calcium 50mg	4%
Iron 1.5mg	8%
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.

Ingredients

COOKED NINE GRAIN ORZO PASTA (WATER, DURUM WHEAT SEMOLINA, WHOLE WHEAT FLOUR, WHOLE GRAIN FLOUR BLEND [BARLEY, RYE, WHOLE WHEAT, OAT, AMARANTH, QUINOA, MILLET, SORGHUM, TEFF]), CARROTS, COOKED GARBANZO BEANS, KALE, RED BELL PEPPER, COOKED RED QUINOA, CONTAINS LESS THAN 2% OF BROWN SUGAR, CANOLA OIL, DEHYDRATED VEGETABLES (GARLIC, ONION, BELL PEPPER, PARSLEY), NATURAL FLAVOR, POTASSIUM CHLORIDE SALT, SEA SALT, SPICES.

Allergens

Contains:



Free From:



Handling Suggestions

6/2.5 lb.

Serving Suggestions

Versatile across a variety of menu segments. Great for use in different salads or for use in wraps. Brings color and texture to soups and stews. An easy ingredient in frittatas and other casseroles. Makes a wonderful Risotto. Add to reduced shallots, white wine and cream.

Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160F. PROMPTLY REFRIGERATE ANY UNUSED COOKED PORTION. STOVE TOP: Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Saut half bag of frozen product for 7 minutes, covered, stirring frequently. MICROWAVE (1100 WATTS): Microwave half bag of frozen product, covered, on HIGH for 7 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.
020462	205387	10071179020462	6	6/2.5#

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.62in	12.25in	6.87in	0.66ft3	12x3	540DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	150	Total Fat	3g	Sodium	270mg
Protein	5	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	25g	Saturated Fat	0g	Iron	1.5mg
Sugars	3g	Added Sugars	0g	Potassium	220mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0.3mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

