



**SIMPLOT**

# 205446 - Vegetable Blend Italian Frozen

Zucchini, carrots, cauliflower, Italian green beans, lima beans, red bell pepper and a touch of salt; Reduces labor costs and prep time ; Individually quick frozen for easy portioning; Consistent year-round quality and pricing; 100% useable, no trim, loss or waste



## Nutrition Facts

Servings per Container **132**  
Serving size **3/4cup(79g)**

Amount per serving  
**Calories 25**

% 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> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 0.4mg	<b>2%</b>
Potassium 160mg	<b>3%</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.

### \* Benefits

### Ingredients

ZUCCHINI, CARROTS, CAULIFLOWER, ITALIAN GREEN BEANS, LIMA BEANS, RED BELL PEPPER.

### ⚠ Allergens

#### Free From:

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

### Handling Suggestions

Keep frozen 0F or below

### Serving Suggestions

Great ingredient items for soups, casseroles, and stews. Mix with favorite house dressing for quick imaginative salads. Makes a quick and easy Antipasto Salad by just adding olives, salami, tortellini pasta, and Italian dressing.

### Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW, THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. STOVE TOP1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 7 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 5 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 2 tbsp of water and cover.3. Cook on HIGH for 15 minutes, stirring halfway through cook time.

### 📄 Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
188759	205446	10071179188759	12	12/2#

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

#### Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9.13in	11.62in	16in	0.98ft3	10x5	0DAYS	0°F / 32°F



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### Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	10mg
Protein	1	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	0.4mg
Sugars	2g	Added Sugars	0g	Potassium	160mg
Dietary Fiber	1g	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

