



SIMPLOT

205597 - Vegetable Blend Midori

Farm-fresh edamame, sugar snap peas, baby corn, red bell pepper and water chestnuts; Reduces costly labor just heat and serve; Consistent year-round quality and pricing; Individually quick frozen for easy portioning and less waste



* Benefits

Nutrition Facts

Servings per Container 72
Serving size 2/3cup(97g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 293mg	6%

* 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

SOYBEANS, SUGAR SNAP PEAS, BABY CORN, RED BELL PEPPER, WATER CHESTNUTS.

⚠ Allergens

Contains:



Free From:



Handling Suggestions

6/2.5 lb.

Serving Suggestions

This colorful blend is a natural for stir fries. From pastas to soups to sides, these premium vegetables will inspire the culinarian.

Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. 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 10 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 8 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1/4 cup of water and cover.3. Cook on HIGH for 20 minutes, stirring halfway through cook time.

Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	

MFG #	SPC #	GTIN	Pack	Pack Desc.
606024	205597	10071179606024	6	6/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.25lb	15lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
5.62in	10.37in	19.37in	0.65ft3	12x3	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	80	Total Fat	2g	Sodium	0mg
Protein	5	Trans Fats	0g	Calcium	31mg
Total Carbohydrates...	11g	Saturated Fat	0g	Iron	1mg
Sugars	3g	Added Sugars	0g	Potassium	293mg
Dietary Fiber	3g	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

