



**SIMPLOT**

# 205757 - Vegetable Exotic Grains & Roasted Veg

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 21g per serving



## Nutrition Facts

Servings per Container **48**  
Serving size **1cup(139g)**

Amount per serving  
**Calories 160**

% Daily Value\*

<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 1.7mg	<b>9%</b>
Potassium 390mg	<b>8%</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

COOKED RED AND BROWN RICE, COOKED BLACK BEANS, CORN, COOKED RED QUINOA, TOMATOES, RED BELL PEPPER, ROASTED ANAHEIM CHILI PEPPER, ONION, COOKED AMARANTH, CANOLA OIL, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CANE SUGAR, CILANTRO, GARLIC POWDER, GREEN AND RED BELL PEPPER POWDER, LIME JUICE POWDER (CORN SYRUP SOLIDS, LIME JUICE, NATURAL FLAVOR), MOLASSES POWDER, MUSHROOM POWDER, ONION POWDER, POTASSIUM CHLORIDE SALT, RICE FLOUR, ROASTED GARLIC, ROASTED YELLOW BELL PEPPER, SALT, SEA SALT, SPICES, TOMATO POWDER.

### Allergens

#### Free From:



### Handling Suggestions

6/2.5 lbs

### Serving Suggestions

Makes a wonderful whole grain cake with low-fat mayo, panko, and parmesan. Versatile across a variety of menu segments. Great for use in salads or wraps. Brings color and texture to soups and stews. An easy ingredient in frittatas, lasagnas and other casseroles.

### 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 9 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.	Vegetables, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
01294	205757	10071179012948	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
0in	0in	0in	0.59ft3	1x1	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	160	Total Fat	4g	Sodium	240mg
Protein	5	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	27g	Saturated Fat	0g	Iron	1.7mg
Sugars	2g	Added Sugars	0g	Potassium	390mg
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

