

SIMPLOT 205758 - Vegetable Hearty Grain & Wild Mush S/O

Vegan/vegetarian; Simplifies varied cooking times of the multiple grains included; Consistent resultsjust heat and serve; Serve hot or chill after cooking for cold applications; Meets consumer demands for whole grains at 21g per serving



	Nutrition FactsServings per Container48Serving size1cup(138g)			
		Amount per serving Calories	150	
		% Dai	ily Value*	
		Total Fat 3.5g	4%	
		Saturated Fat 0g	0%	
		Trans Fat 0g		
		Cholesterol 0mg	0%	
★ Benefits		Sodium 400mg	17%	
		Total Carbohydrate 25g	9%	
		Dietary Fiber 4g	14%	
		Total Sugars 1g		
		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 4g		
		Vitamin D 0mcg	0%	
COOKED WHOLE KHORASAN WHEAT, COOKED RED RICE, CRIMINI AND SHIITAKE	Contains:	Calcium 20mg	2%	
MUSHROOMS, COOKED BROWN RICE, ONION, COOKED WILD RICE, GREEN	wheat	Iron 1.1mg	6%	
ONION, ROASTED GARLIC, CANOLA OIL, CONTAINS 2% OR LESS OF AUTOLYZED	Free From:	Potassium 210mg	4%	
YEAST EXTRACT, CANE SUGAR, GARLIC POWDER, GREEN BELL PEPPER POWDER, MOLASSES POWDER, MUSHROOM POWDER, ONION POWDER, RED BELL PEPPER POWDER, RICE FLOUR, SALT, SPICE, TAPIOCA STARCH, THYME, TOMATO	Image: Crustaceans Image: Cr	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.		

Handling Suggestions

6/2.5 lbs

POWDER.

Serving Suggestions

Makes a wonderful risotto. Add to reduced shallots, white wine and cream. 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 TOPHeat 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 Specific

Brand			Manufacturer						
	SIMPLOT			JR SIMPLOT CALDWELL ID.					
MFG #	ŧ	SPC #		GTIN			Pack	Pack Desc.	
01295	5	205758	10	10071179012955			6	6/2.5#	
Gross W	Gross Weight Net Weight		Country of Origin		Kosher		Child Nutrition		
171	b	15lb		CAN		CAN		No	
	Shipping Information								
Length	Width	Height	Volun	ne TIxHI	Shelf L	Shelf Life Storage Temp From		ge Temp From/To	
13.38in	12in	7.13in	0.66f	t3 12x9	547DA	DAYS -10°F / 10°F			

	Calories	150
	% Da	ily Value*
	Total Fat 3.5g	4%
	Saturated Fat 0g	0%
	Trans Fat 0g	
	Cholesterol 0mg	0%
	Sodium 400mg	17%
	Total Carbohydrate 25g	9%
	Dietary Fiber 4g	14%
	Total Sugars 1g	
	Includes 0g Added Sugar	0%
	Protein 4g	
	Vitamin D 0mcg	0%
	Calcium 20mg	2%
	Iron 1.1mg	6%
	Potassium 210mg	4%
	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.	
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	Manufacturer	
	JR SIMPLOT CALDWELL I	D.
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Nutrition Analysis - By Serving

Calories	150	Total Fat	3.5g	Sodium	400mg
Protein	4	Trans Fats	Og	Calcium	20mg
Total Carbohydrates…	25g	Saturated Fat	Og	Iron	1.1mg
Sugars	1g	Added Sugars	Og	Potassium	210mg
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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



