



SIMPLOT

205758 - Vegetable Hearty Grain & Wild Mush S/O

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(138g)**

Amount per serving
Calories 150

	% Daily 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 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 WHOLE KHORASAN WHEAT, COOKED RED RICE, CRIMINI AND SHIITAKE MUSHROOMS, COOKED BROWN RICE, ONION, COOKED WILD RICE, GREEN ONION, ROASTED GARLIC, CANOLA OIL, CONTAINS 2% OR LESS OF AUTOLYZED 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 POWDER.

Allergens

Contains:
 wheat

Free From:
 crustaceans mollusks eggs
 fish milk peanuts sesame
 soy tree nuts

Handling Suggestions

6/2.5 lbs

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 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.
01295	205758	10071179012955	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
13.38in	12in	7.13in	0.66ft3	12x9	547DAYS	-10°F / 10°F



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Nutrition Analysis - By Serving

Calories	150	Total Fat	3.5g	Sodium	400mg
Protein	4	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	25g	Saturated Fat	0g	Iron	1.1mg
Sugars	1g	Added Sugars	0g	Potassium	210mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

