



SIMPLOT

205896 - Vegetable Blend Ancient Grains/Kale

An on-trend, complex grain & vegetable dish made easy; Consistent results just heat and serve; Serve hot or chill after cooking for cold applications; Individually quick frozen for easy portioning



* Benefits

Nutrition Facts

9 Servings Per Container

Serving size 1 cup (127g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 4.5 g 6%

Saturated Fat 0.5 g 3%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 240 mg 10%

Total Carbohydrate 26 g 9%

Dietary Fiber 3 g 11%

Total Sugars 1 g

Includes 0 g Added Sugar 0%

Protein 4 g

Vitamin D 0 mcg 0%

Calcium 50 mg 4%

Iron 1 mg 6%

Potassium 230 mg 5%

* 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

COOKED BROWN AND RED RICE, KALE, COOKED RED QUINOA, COOKED BLACK BARLEY, GARLIC, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL), CONTAINS LESS THAN 2% OF BLACK PEPPER, POTASSIUM CHLORIDE SALT, SEA SALT.

Allergens

Free From:



Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

Perfect bed for fish or poultry. Made with ancient grains, this complex blend can elevate the color, flavor and texture in salads, entres, soups and sides.

Prep & Cooking Suggestions

Stove Top / Saut
STOVE TOP
Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Saut half bag of frozen product for 6 minutes, covered, stirring frequently.

Product Specifications

Brand	Manufacturer
SIMPLOT	Simplot Global Food, LLC

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179035046	205896	10071179035046	6	6 / 2.5 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17 lb	15 lb	CAN		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38 in	12 in	7.13 in	0.66 ft3	12x9	547 DAYS	-10 °F / 10 °F



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Nutrition Analysis - By Serving

Calories	160	Total Fat	4.5 g	Sodium	240 mg
Protein	4	Trans Fats	0 g	Calcium	50 mg
Total Carbohydrates...	26 g	Saturated Fat	0.5 g	Iron	1 mg
Sugars	1 g	Added Sugars	0 g	Potassium	230 mg
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

