



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

Servings per Container **54**
Serving size **1cup(127g)**

Amount per serving
Calories 160

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 220mg	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, CANOLA OIL, CONTAINS LESS THAN 2% OF BLACK PEPPER, POTASSIUM CHLORIDE SALT, SEA SALT.

Allergens

Free From:



Handling Suggestions

6/2.5 lb.

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

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 6 minutes, covered, stirring frequently. MICROWAVE (1100 WATTS)Microwave half bag of frozen product, covered, on HIGH for 6 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.	Vegetable Blends

MFG #	SPC #	GTIN	Pack	Pack Desc.
03504	205896	10071179035046	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	1x3	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	160	Total Fat	4.5g	Sodium	240mg
Protein	4	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	26g	Saturated Fat	0g	Iron	1mg
Sugars	1g	Added Sugars	0g	Potassium	220mg
Dietary Fiber	3g	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-12	
Monosodium		Sulphites		Nitrates	

Additional Images

