



SIMPLOT

205965 - Vegetable Couscous/Red Quinoa Blend

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 ;Individually quick frozen for easy portioning



* Benefits

Nutrition Facts

8 Servings Per Container

Serving size 1 cup (136g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 3.5 g 4%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 230 mg 10%

Total Carbohydrate 26 g 9%

Dietary Fiber 3 g 11%

Total Sugars 2 g

Includes 0 g Added Sugar 0%

Protein 5 g

Vitamin D 0 mcg 0%

Calcium 80 mg 6%

Iron 3.3 mg 18%

Potassium 420 mg 9%

* 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 Israeli Couscous, Cooked Red and Brown Rice, Cooked Red Quinoa, Red and Yellow Bell Pepper, Carrots, Tomato, Peas, Basil, Vegetable Oil (Canola Oil and/or Soybean Oil), Contains less than 2% of Autolyzed Yeast Extract, Cane Sugar, Garlic Powder, Molasses Powder, Mushroom Powder, Natural Flavor, Onion Powder, Potassium Chloride Salt, Red and Green Bell Pepper Powder, Rice Flour, Roasted Garlic, Salt, Sea Salt, Shallots, Spices, Tomato Powder.
Contains: Wheat.

Allergens

Contains:



Free From:



Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

A wonderful topper for fish or poultry. 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

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.
10071179012931	205965	10071179012931	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	150	Total Fat	3.5 g	Sodium	230 mg
Protein	5	Trans Fats	0 g	Calcium	80 mg
Total Carbohydrates...	26 g	Saturated Fat	0 g	Iron	3.3 mg
Sugars	2 g	Added Sugars	0 g	Potassium	420 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

