



**SIMPLOT**

# 205965 - Vegetable Couscous/Red Quinoa Blend

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; Individually quick frozen for easy portioning



## Nutrition Facts

Servings per Container **48**  
Serving size **1cup(136g)**

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 0.9mg	<b>5%</b>
Potassium 350mg	<b>7%</b>

\* 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 ISRAELI COUSCOUS, COOKED RED AND BROWN RICE, RED AND YELLOW BELL PEPPER, COOKED RED QUINOA, CARROTS, TOMATO, PEAS, BASIL, CANOLA 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.

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

6/2.5 lbs

### 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

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 6 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.	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
012931	205965	10071179012931	6	6/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.5lb	15lb	CAN		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.37in	12in	7.13in	0.66ft3	12x1	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	150	Total Fat	3.5g	Sodium	230mg
Protein	4	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	25g	Saturated Fat	0g	Iron	0.9mg
Sugars	2g	Added Sugars	0g	Potassium	350mg
Dietary Fiber	3g	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-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

