



SIMPLOT

209251 - Vegetable Blend Kyoto Edamame S/O

Farm-fresh edamame, broccoli, carrots, corn, red bell pepper; Reduces costly labor just heat and serve; Consistent year-round quality and pricing; Individually quick frozen for easy portioning and less waste



* Benefits

Nutrition Facts

Servings per Container **84**
Serving size **3/4cup(82g)**

Amount per serving
Calories 60

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0.8mg	4%
Potassium 241mg	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

SOYBEANS, BROCCOLI, CARROTS, CORN, RED BELL PEPPER.

Allergens

Contains:



Free From:



Handling Suggestions

6/2.5 lb.

Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	

MFG #	SPC #	GTIN	Pack	Pack Desc.
60776	209251	10071179607762	6	6/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15.15lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.4in	10.7in	6in	0.72ft3	9x5	0DAYS	0°F / 32°F

Serving Suggestions

This Asian-style vegetable and protein blend works as a side or in recipes. From pastas to soups to sides, these premium vegetables will inspire the culinarian.

Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165°F. TO SERVE COLD, PREPARE VEGETABLES AS STATED BELOW. THEN COOL AS RAPIDLY AS POSSIBLE TO REFRIGERATED TEMPERATURE. STOVE TOP1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 14 minutes, stirring as needed. STEAMER1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 7 minutes. MICROWAVE (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 1/4 cup of water and cover.3. Cook on HIGH for 18 minutes, stirring halfway through cook time.



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Nutrition Analysis - By Serving

Calories	60	Total Fat	1.5g	Sodium	15mg
Protein	4	Trans Fats	0g	Calcium	29mg
Total Carbohydrates...	7g	Saturated Fat	0g	Iron	0.8mg
Sugars	3g	Added Sugars	0g	Potassium	241mg
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

