

# SIMPLOT 209251 - Vegetable Blend Kyoto Edamame S/O

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



		Nutrition Facts		
	Servings per Container 84 Serving size 3/4cup(82g)			
	Amount per serving Calories	60		
			ly Value*	
		Total Fat 1.5g	2%	
		Saturated Fat 0g	0%	
		<i>Trans</i> Fat 0g		
		Cholesterol 0mg	0%	
<b>★</b> Benefits		Sodium 15mg	1%	
-		Total Carbohydrate 7g	3%	
		Dietary Fiber 3g	11%	
		Total Sugars 3g		
		Includes 0g Added Sugar	0%	
Ingredients	Allergens	Protein 4g		
		Vitamin D 0mcg	0%	
SOYBEANS, BROCCOLI,	Contains:	Calcium 29mg	2%	
CARROTS, CORN, RED BELL PEPPER.	Soy	Iron 0.8mg	4%	
	Free From:	Potassium 241mg	5%	
	Image: crustaceans Image: cr	* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.		

Handling Suggestions

6/2.5 lb.

#### 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 165F. 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 fullsize 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.

# Product Specifications

Brand			N	lanufacturer	Proc	Product Category		
SIMPLOT JR SIM			MP	LOT CALDWELL ID.	Veg	Vegetable Blends		
MFG #	S	SPC #		GTIN	Pack	Pack Desc.		
60776	20	209251		10071179607762	6	6/2.5#		
Gross Weight N		Net Weigł	nt	Country of Origin	Kosher	Child Nutrition		
15.15lb	15.15lb 15lb			USA		No		

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





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Nutrition Analysis - By Serving

Calories	60	Total Fat	1.5g	Sodium	15mg
Protein	4	Trans Fats	Og	Calcium	29mg
Total Carbohydrates…	7g	Saturated Fat	Og	Iron	0.8mg
Sugars	3g	Added Sugars	Og	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-1 2•	
Monosodium		Sulphites		Nitrates	

# Additional Images



