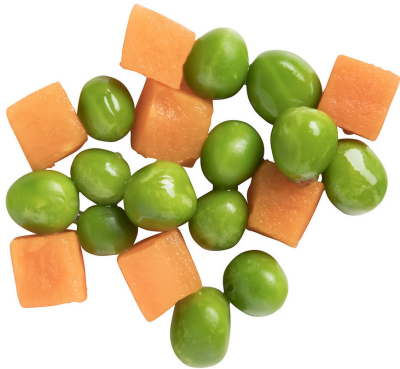




**SIMPLOT**

# 213746 - Vegetable Peas & Diced Carrots S/O

Sweet, tender peas with colorful carrots ; Consistent year-round quality and pricing; Reduces costly labor just heat and serve ; 100% useable, no trim, loss or waste ; Individually quick frozen for easy portioning



## Nutrition Facts

Servings per Container **156**  
Serving size **2/3cup(88g)**

Amount per serving  
**Calories 50**

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	10g	4%
Dietary Fiber	4g	14%
Total Sugars	4g	
Includes	0g Added Sugar	0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	1mg	6%
Potassium	164mg	3%

\* 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

GREEN PEAS, CARROTS.

### Allergens

#### Free From:

- crustaceans
- mollusks
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

### Handling Suggestions

12/40-oz. 12/2.5 lb.

### Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for sides, salads, soups and more.

### 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 TOP**1. Bring 5 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 6 minutes, stirring as needed. **STEAMER**1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 4 minutes. **MICROWAVE** (1100 WATTS)1. Place one bag of frozen vegetables in a microwave safe dish.2. Add 2 Tbsp. of water and cover.3. Cook on HIGH for 20 minutes, stirring halfway through cook time.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
188551	213746	10071179188551	12	12/40 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
32lb	30lb	USA	Yes	No

#### Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.8in	10.2in	11.8in	1.17ft3	1x1	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	50	Total Fat	0g	Sodium	15mg
Protein	3	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	10g	Saturated Fat	0g	Iron	1mg
Sugars	4g	Added Sugars	0g	Potassium	164mg
Dietary Fiber	4g	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

