



SIMPLOT

221193 - Blueberry Whole lqf

*Plump, large size for attractive appearance. *No added sugar allows for more versatility in serving options. *Perfect for baking applications. *Product is ready to use, no washing. *Consistent year-round quality and pricing. *100% useable, no trim loss or waste. *IQF pack for easy, convenient portioning.



* Benefits

Nutrition Facts

Servings per Container 65
Serving size 1cup(140g)

Amount per serving
Calories 80

% Daily Value*

| | |
|------------------------|-----|
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes Added Sugar | % |

| | |
|-------------------|----|
| Protein 1g | |
| Vitamin D | % |
| Calcium | 0% |
| Iron | 0% |
| Potassium | % |

* 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

BLUEBERRIES.

⚠ Allergens

Free From:

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

Handling Suggestions

1/20#

Serving Suggestions

Makes a quick and elegant topping for desserts. Great for pancakes, muffins and other baking applications. Just thaw--then serve over salads. Excellent ingredient for signature smoothies and cocktails. Versatile for breakfast, lunch and dinner applications.

Prep & Cooking Suggestions

Do not overthaw. Always show with a slight amount of internal ice crystals.

📄 Product Specifications

| Brand | Manufacturer | Product Category |
|---------|-------------------------|------------------|
| SIMPLOT | JR SIMPLOT CALDWELL ID. | Vegetable Blends |

| MFG # | SPC # | GTIN | Pack | Pack Desc. |
|-------|--------|----------------|------|------------|
| 19900 | 221193 | 10071179199007 | 1 | 1/20# |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 21.5lb | 20lb | USA | | No |

| Shipping Information | | | | | | |
|----------------------|---------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 16.12in | 12.12in | 7.37in | 0.83ft3 | 15x1 | 0DAYS | 0°F / 32°F |



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Nutrition Analysis - By Serving

| | | | | | |
|------------------------|-----|---------------------|-----|--------------|-----|
| Calories | 80 | Total Fat | 1g | Sodium | 0mg |
| Protein | 1 | Trans Fats | 0g | Calcium | |
| Total Carbohydrates... | 17g | Saturated Fat | 0g | Iron | |
| Sugars | 12g | Added Sugars | | Potassium | |
| Dietary Fiber | 4g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 0mg | | |
| Vitamin A(U) | | Vitamin D | | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | | Folate | | Riboflavin | |
| Magnesium | | Vitamin B-6 | | Vitamin B-12 | |
| Monosodium | | Sulphites | | Nitrates | |

Additional Images

