



**SIMPLOT**

## 221756 - Vegetable Blend California Gf

Hand-cut broccoli and cauliflower with bias-sliced carrots for scratch-made appearance ;Consistent year-round quality and pricing ;100% useable, no trim loss ;Individually quick frozen for easy portioning and less waste



### \* Benefits

## Nutrition Facts

12 Servings Per Container

**Serving size** 3/4 cup (77g)

**Amount per serving**  
**Calories** 25

% Daily Value\*

<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 20 mg	<b>1%</b>
<b>Total Carbohydrate</b> 5 g	<b>2%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 2 g	
Includes 0 g Added Sugar	<b>0%</b>
<b>Protein</b> 1 g	
Vitamin D 0 mcg	<b>0%</b>
Calcium 20 mg	<b>2%</b>
Iron 0.3 mg	<b>2%</b>
Potassium 160 mg	<b>3%</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.

### Ingredients

BROCCOLI, CAULIFLOWER, CARROTS.

### Allergens

**Free From:**



### Handling Suggestions

Keep frozen 0F or below

### Serving Suggestions

Make your own signature blends with fresh ingredients or simply add flavorful seasonings, sauces or toppings, such as parmesan and bread crumbs.

### Prep & Cooking Suggestions

Stove Top / Saut  
STOVE TOP

1. Bring 4 quarts of water to a boil on HIGH.
2. Add one bag of frozen vegetables and cook for 5 minutes, stirring as needed.

### Product Specifications

Brand	Manufacturer
SIMPLOT	Simplot Global Food, LLC

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179188339	221756	10071179188339	12	12 / 2.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.25 lb	24 lb	GTM		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.13 in	10.13 in	11.75 in	1.11 ft3	10x7	730 DAYS	-10 °F / 10 °F



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## Nutrition Analysis - By Serving

Calories	25	Total Fat	0 g	Sodium	20 mg
Protein	1	Trans Fats	0 g	Calcium	20 mg
Total Carbohydrates...	5 g	Saturated Fat	0 g	Iron	0.3 mg
Sugars	2 g	Added Sugars	0 g	Potassium	160 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

