



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

Servings per Container **144**
Serving size **3/4cup(77g)**

Amount per serving
Calories 25

% Daily Value*

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

Ingredients

BROCCOLI, CAULIFLOWER, CARROTS.

Allergens

Free From:



Handling Suggestions

12/2 lb.

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

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 4 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 5 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 18 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.
18833	221756	10071179188339	12	12/2#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
24.65lb	24lb	MEX		No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17.1in	10.5in	11.8in	1.23ft3	10x2	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	20mg
Protein	1	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	5g	Saturated Fat	0g	Iron	0.3mg
Sugars	2g	Added Sugars	0g	Potassium	160mg
Dietary Fiber	2g	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

