



SIMPLOT

221772 - Vegetable Blend Mediterranean Roasted

Entres served with roasted vegetables command a 34% higher average menu price vs. steamed vegetablesDatassential, 2018; Fresh-roasted flavor and appearance elevates any dish; Reduces costly laborjust heat and serve ; Consistent quality and seasoning no matter who's cooking



* Benefits

Ingredients

YELLOW SQUASH, ZUCCHINI, CARROTS, GREEN BEANS, ONION, RED BELL PEPPER, GREEN BELL PEPPER, YELLOW BELL PEPPER, CONTAINS LESS THAN 2% OF DEHYDRATED VEGETABLES (TOMATO, ONION, GARLIC, RED BELL PEPPER, CARROT), FOOD STARCH-MODIFIED, MALTODEXTRIN, OLIVE OIL, SALT, SPICES, YEAST EXTRACT.

⚠ Allergens

Free From:

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

Nutrition Facts

Servings per Container 78
Serving size 2/3cup/2/3taza(85g)

Amount per serving
Calories 40

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	3%
Potassium 170mg	4%

* 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.

Handling Suggestions

6/2.5 lb

Serving Suggestions

This eye-catching blend of flame-roasted yellow and green zucchini, onions and bell peppers with carrots and green beans is seasoned with olive oil and a savory Mediterranean seasoning. Just heat and serve as a side or pair with chicken for a delicious entree. Great in soups, orzo or couscous salads, frittatas or a Mediterranean lasagna.

Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165F. STOVE TOPHeat 1 Tbsp oil in a large skillet on MED-HIGH heat. Saut bag of vegetables in a single layer for 10-12 minutes, stirring frequently. FLAT TOP GRILLHeat 2 Tbsp oil. Cook a single layer of vegetables for 6-8 minutes at 375F, turning as needed. MICROWAVE (1100 WATTS)Microwave bag of vegetables on HIGH for 10 minutes, covered, stirring halfway through cooking time. Let stand for 1 minute.

✍ Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
75760	221772	10071179757603	6	6/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.4lb	15lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.9in	11.3in	5in	0.42ft3	11x3	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	40	Total Fat	1.5g	Sodium	210mg
Protein	1	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	6g	Saturated Fat	0g	Iron	0.5mg
Sugars	2g	Added Sugars	0g	Potassium	170mg
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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

