



SIMPLOT

# 221773 - Carrot Parisian Frozen

Eye-catching color and shape; Uniform sizing for even cooking; Consistent year-round quality and pricing; Individually quick frozen for easy portioning and less waste



### \* Benefits

## Nutrition Facts

Servings per Container **84**  
Serving size **2/3cup(83g)**

Amount per serving  
**Calories 35**

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	2%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	11%
Total Sugars	4g	
Includes Added Sugar	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	27mg	2%
Iron	0mg	0%
Potassium	195mg	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.

### Ingredients

CARROTS.

### Allergens

#### Free From:



### Handling Suggestions

6/2.5 lb.

### Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT	JR SIMPLOT CALDWELL ID.	Vegetables, Other

### Serving Suggestions

This uniquely shaped carrot variety is ideal for an upscale side dish. Make your own signature blends such as combining with roasted Brussels sprouts. Mix in rice or pasta and rotate in your vegetarian menu offerings.

MFG #	SPC #	GTIN	Pack	Pack Desc.
73733	221773	10071179737339	6	6/2.5#

### Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, COOK TO A TEMPERATURE OF 165F. 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 10 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 1/4 cup of water and cover.3. Cook on HIGH for 20 minutes, stirring halfway through cook time.

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17lb	15lb	BEL		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.8in	10.2in	5.6in	0.52ft3	7x3	0DAYS	0°F / 32°F



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## Nutrition Analysis - By Serving

Calories	35	Total Fat	0g	Sodium	35mg
Protein	1	Trans Fats	0g	Calcium	27mg
Total Carbohydrates...	8g	Saturated Fat	0g	Iron	0mg
Sugars	4g	Added Sugars	0g	Potassium	195mg
Dietary Fiber	3g	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

