GOODGRAINS.

Nutrition

Serving Size: 1 cup (139g)
Servings per container
Calories: 160

	Amount per serving	% Daily Values
Total Fat	4g	5%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrates	27g	10%
Dietary Fiber	4g	14%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	1.7mg	10%
Potassium	390mg	8%

The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Ingredients

COOKED RED AND BROWN RICE, COOKED BLACK BEANS, CORN, COOKED RED QUINOA, TOMATOES, RED BELL PEPPER, ROASTED ANAHEIM CHILI PEPPER, ONION, COOKED AMARANTH, CANOLA OIL, CONTAINS LESS THAN 2% OF AUTOLYZED YEAST EXTRACT, CANE SUGAR, CILANTRO, GARLIC POWDER, GREEN AND RED BELL PEPPER POWDER, LIME JUICE POWDER (CORN SYRUP SOLIDS, LIME JUICE, NATURAL FLAVOR), MOLASSES POWDER, MUSHROOM POWDER, ONION POWDER, POTASSIUM CHLORIDE SALT, RICE FLOUR, ROASTED GARLIC, ROASTED YELLOW BELL PEPPER, SALT, SEA SALT, SPICES, TOMATO POWDER.

Simplot

Simplot Good Grains™ - Exotic Grains & Fire-Roasted Vegetable Blend

Simplot Good Grains™ Premium Blends feature nutritious whole grains and colorful vegetables in delicious combinations designed to appeal to the palates of today's health-conscious consumers. This blend features red and brown rices, quinoa, amaranth, black beans, roasted vegetables and peppers, lightly seasoned.

Product Specification

SKU	10071179012948
Pack	6/2.5lb
Brand	Simplot Good Grains™
Gross Weight	17lb
Net Weight	15lb
Country of Manufacture	CA
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Gluten Free	Y
Low Fat	N
Low Sodium	N
Zero Grams Trans Fat	N

Shipping Information

Length	in
Width	in
Height	in
Case Cube	0
TixHi	12X10
Shelf Life	547 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- Vegan/vegetarian
- Simplifies varied cooking times of the multiple grains included
- Consistent results—just heat and serve
- Serve hot or chill after cooking for cold applications
- Meets consumer demands for whole grains at 21g per serving

Serving Suggestions

Makes a wonderful whole grain cake with low-fat mayo, panko, and parmesan. Versatile across a variety of menu segments. Great for use in salads or wraps. Brings color and texture to soups and stews. An easy ingredient in frittatas, lasagnas and other casseroles.

Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160°F. PROMPTLY REFRIGERATE ANY UNUSED COOKED PORTION.

STOVE TOP Heat 2 Tbsp. oil in a skillet on MED-HIGH heat. Sauté half bag of frozen product for 7 minutes, covered, stirring frequently.

MICROWAVE (1100 WATTS) Microwave half bag of frozen product, covered, on HIGH for 9 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT