



## Nutrition

Serving Size: 2/3 cup (89g)  
Servings per container about 78  
Calories: 90

	Amount per serving	% Daily Values
Total Fat	3g	4%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	11g	4%
Dietary Fiber	3g	11%
Total Sugars	5g	
Includes 0g Added Sugars		0%
Protein	6g	
Vitamin D	0mcg	0%
Calcium	28mg	2%
Iron	1.1mg	6%
Potassium	304mg	6%

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

SOYBEANS, CORN, RED BELL PEPPER.  
CONTAINS: SOY.

# Simplot Simple Goodness™ - Edamame Succotash

Simplot Simple Goodness™ Premium Vegetables make a statement with their upscale, hand-cut appearance, bright color, and outstanding flavor. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste. This eye-catching blend is a great choice for vegan and vegetarian options.

## Product Specification

SKU	10071179016380
Pack	6/2.5lb
Brand	Simplot Simple Goodness™
Gross Weight	16.25lb
Net Weight	15lb
Country of Manufacture	US
Halal	Y
Kosher	Y
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

## Shipping Information

Length	13.375 in
Width	9.625 in
Height	6.625 in
Case Cube	0.494
TixHi	15X9
Shelf Life	730 Days
Storage Temp From/To	-10°F / 10°F

## Benefits

- Succotash the new way, with edamame, corn and red peppers!
- All the flavor and colors of fresh
- Individually quick frozen for easy portioning and less waste
- Consistent year-round quality and pricing

## Serving Suggestions

This eye-catching blend is ready for your vegan and vegetarian options. Perfect for signature sides, sautés, pastas and stir-fry. Add wild rice or barley to create a vegetarian entree. Toss with butter and fresh herbs for a succulent side dish. Cook, chill and serve atop salads or in a wrap.

## Preparation Instructions For Food Safety And Quality

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 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 8 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. Add 1/4 cup of water and cover. 3. Cook on HIGH for 18 minutes, stirring halfway through cook time.