



Nutrition

Serving Size: 2/3 cup (87g)
Servings per container about 120
Calories: 30

| | Amount per serving | % Daily Values |
|-----------------------------|-----------------------|-------------------|
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 30mg | 1% |
| Total Carbohydrates | 6g | 2% |
| Dietary Fiber | 2g | 7% |
| Total Sugars | 3g | |
| Includes 0g Added Sugars | | 0% |
| Protein | 1g | |
| Vitamin D | 0mcg | 0% |
| Calcium | 27mg | 2% |
| Iron | 0mg | 0% |
| Potassium | 162mg | 4% |

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

ONION, CARROTS, CELERY.

Simplot Simple Goodness™ - Mirepoix Vegetable Blend

Simplot Simple Goodness™ Classic Vegetables offer the classic flavors and consistent blends that customers love. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste. This blend is a time-honored mix of onions, carrots and celery.

Product Specification

| | |
|------------------------|--------------------------|
| SKU | 10071179035060 |
| Cut Size | 3/8"x3/8" |
| Pack | 12/2lb |
| Brand | Simplot Simple Goodness™ |
| Gross Weight | 25.25lb |
| Net Weight | 24lb |
| 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 | 16 in |
| Width | 11.625 in |
| Height | 8.625 in |
| Case Cube | 0.928 |
| TixHi | 10X7 |
| Shelf Life | 720 Days |
| Storage Temp From/To | -10°F / 10°F |

Benefits

- Speed scratch blend made with diced celery, carrots and onions
- Farm-fresh flavor, color and texture
- Reduces costly labor—just heat and serve
- Individually quick frozen for easy portioning

Serving Suggestions

This classic mix is the ultimate trio that provides flavor and aroma for stocks, sauces, soups and more. This blend simplifies soups and stews and is a popular ingredient for Cajun and Creole cuisine.

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.

SAUTÉ 1. Heat 3 Tbsp. oil in a large skillet on MEDIUM-HIGH. 2. Add one bag of frozen vegetables and cover. Sauté for 8 minutes, stirring as needed.

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