simple goodness FRUITS & VEGETABLES

Simplot Simple Goodness™ - Broccoli Florets, IQF

Simplot Simple Goodness™ Classic Vegetables offer the classic flavors and consistent blends that customers love. Perfect on the side or in signature recipes. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste.

Nutrition

Serving Size: 1 cup (79g)
Servings per container about 115
Calories: 25

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	4g	1%
Dietary Fiber	2g	7%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	160mg	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

BROCCOLI.

Product Specification

SKU	10071179050223
Pack	1/20lb
Brand	Simplot Simple Goodness™
Gross Weight	22lb
Net Weight	20lb
Country of Manufacture	MX
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	15.75 in
Width	11.75 in
Height	11 in
Case Cube	1.178
TixHi	10X8
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Hand-cut and trimmed for uniform size and farm-fresh plate appeal
- Compare to raw trim loss of 25-35%
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and less waste

Serving Suggestions

Manage food costs and enjoy the flavors of fresh all year long. Serve "as is," make your own signature blends with fresh ingredients or simply toss with seasonings and sauces for a flavorful side.

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 4 quarts of water to a boil on HIGH. 2. Add 2 pounds of frozen vegetables and cook for 7 minutes, stirring as needed.

STEAMER 1. Arrange 2 pounds of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 4 minutes.

MICROWAVE 1. Place 2 pounds of frozen vegetables in a microwave safe dish. 2. Add 2 Tbsp. of water and cover. 3. Cook on HIGH for 15 minutes, stirring halfway through cook time.