



Nutrition

Serving Size: 3/4 cup (87g)  
Servings per container about 104  
Calories: 25

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrates	4g	1%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.3mg	2%
Potassium	170mg	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  
CAULIFLOWER.

Simplot Simple Goodness™ - Riced Cauliflower

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. Use this versatile, low-carb substitute in place of rice, flour, grains and legumes.

Product Specification		Shipping Information	
SKU	10071179050865	Length	15.875 in
Pack	1/20lb	Width	9.875 in
Brand	Simplot Simple Goodness™	Height	8.625 in
Gross Weight	22lb	Case Cube	0.782
Net Weight	20lb	TixHi	12X7
Country of Manufacture	MX	Shelf Life	730 Days
Halal	N	Storage Temp From/To	-10°F / 10°F
Kosher	N		
Vegan	Y		
Vegetarian	Y		
Low Fat	Y		
Low Sodium	Y		
Zero Grams Trans Fat	Y		

Benefits

- On-trend: A popular, upscale item with generous margins
- Convenient: 20 lb. bulk packaging for high-volume users
- Versatile: Substitute for grains and legumes across the menu
- Less labor: Just heat and serve for consistent rice in as little as 3 minutes
- Healthy: Low carb and 1/6 the calories of regular rice

Serving Suggestions

Simple Goodness™ Premium Vegetables Riced Cauliflower is a versatile, low-carb substitute for rice, flour, grains and legumes. Just heat and serve to offer the healthy appeal and great flavor today's health-conscious patrons are looking for.

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 (optional) 1. Heat 3 Tbsp. oil in a large skillet over MED-HIGH heat. 2. Add approximately 1 lb. of frozen riced cauliflower and cook for 3 minutes, stirring frequently.

STEAMER 1. Place approximately 5 lbs. of frozen riced cauliflower in a solid, full-size steam table pan. 2. Steam for 9 minutes.

MICROWAVE (1100 WATT) 1. Place approximately 1/2 lb. of frozen riced cauliflower in a small microwave safe dish. 2. Cover with plastic wrap and heat for 3 minutes.

COMBI OVEN 1. Place approximately 5 lbs. of frozen riced cauliflower in a full-size baking sheet. 2. Heat for 5 minutes.