



## Nutrition

Serving Size: 3/4 cup (82g)  
Servings per container  
Calories: 25

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.3mg	2%
Potassium	90mg	2%

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

GREEN BELL PEPPER, ONIONS, RED BELL PEPPER.

# Simplot Simple Goodness™ - Diced Peppers & Onions 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 bright blend of IQF onions, red and green peppers is ready for soups, omelets and more.

## Product Specification

SKU	10071179167624
Pack	12/2lb
Brand	Simplot Simple Goodness™
Gross Weight	25.25lb
Net Weight	24lb
Country of Manufacture	US
Halal	N
Kosher	Y
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

## Shipping Information

Length	in
Width	in
Height	in
Case Cube	0
TixHi	12X6
Shelf Life	730 Days
Storage Temp From/To	-10°F / 10°F

## Benefits

- Even cooking with consistent 3/8" dices
- 100% useable, no trim, loss or waste
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning

## Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for omelets, soups, salads, and pizzas.

## 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 1 Tbsp. oil in a large skillet on MEDIUM-HIGH. 2. Add one bag of frozen vegetables. Sauté for 9 minutes, stirring frequently.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 5 minutes.

MICROWAVE (1100 WATTS) 1. Place one bag 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.

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