



Nutrition

Serving Size: 3 oz (85g/about 8 spears)
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	3g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.5mg	2%
Potassium	220mg	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
ASPARAGUS.

Simplot Simple Goodness™ - Asparagus, Spears

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. These 5 1/2" medium spears offer bright color, a tender bite and excellent plate coverage.

Product Specification

SKU	10071179180289
Pack	6/2.5lb
Brand	Simplot Simple Goodness™
Gross Weight	17lb
Net Weight	15lb
Country of Manufacture	CL
Halal	N
Kosher	N
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	10X11
Shelf Life	720 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- 100% usable, no trim, loss or waste from fibrous stalks
- All the flavor and color of fresh with excellent plate coverage
- Saves on valuable time and labor
- Consistent year-round quality and pricing

Serving Suggestions

Plain, seasoned or topped with a Hollandaise sauce, asparagus spears enhance any entrée. A highly seasonal item, this ingredient allows you to enjoy the flavors of fresh all year long.

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 water to a boil on HIGH. 2. Add one bag of frozen vegetablees and cook for 6 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. 2. Add 2 tbsp of water and cover. 3. Cook on HIGH for 20 minutes, stirring halfway through cook time.