



Nutrition

Serving Size: 3/4 cup (82g)
Servings per container about 132
Calories: 35

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	2%
Total Carbohydrates	8g	3%
Dietary Fiber	3g	11%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0mg	0%
Potassium	190mg	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
CARROTS.

Simplot Simple Goodness™ - RTE Diced Carrots

Simplot Simple Goodness™ Classic Vegetables offer the classic flavors and consistent blends that customers love. We do all the prep, so you get only 100% useable product. These colorful diced carrots have been prepared for ready-to-eat (RTE) applications, offering the flexibility to thaw and serve them—with no additional cooking required—or heat them for hot applications.

Product Specification

SKU	10071179184119
Cut Size	3/8"
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	16 in
Width	10 in
Height	10.125 in
Case Cube	0.938
TixHi	12X6
Shelf Life	730 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- 6-day refrigerated shelf life
- Thaw and serve
- Farm-fresh flavor, color and texture
- Reduces costly labor—no trimming or waste
- Individually quick frozen for easy portioning and less waste

Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for sides, salads, soups, breakfast hash, pilafs and more.

Preparation Instructions For Food Safety And Quality

KEEP FROZEN UNTIL READY TO USE IF THAWED, DO NOT REFREEZE
THAW AND SERVE 1. Thaw unopened package no more than six days at 40°F.
STOVE TOP (optional) 1. Bring 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 4 minutes, stirring as needed.
STEAMER (optional) 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 4 minutes.