



Nutrition

Serving Size: 1 cup (88g)
Servings per container about 120
Calories: 35

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.5mg	2%
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

BROCCOLI, SUGAR SNAP PEAS, BEAN SPROUTS, WATER CHESTNUTS, RED BELL PEPPER.

Simplot Simple Goodness™ - Sugar Snap Pea Stir Fry 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 poplar blend is the perfect, speed-scratch base for distinctive stir fries.

Product Specification

SKU	10071179188452
Pack	12/2lb
Brand	Simplot Simple Goodness™
Gross Weight	25.25lb
Net Weight	24lb
Country of Manufacture	US
Halal	Y
Kosher	N
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	16 in
Width	11.625 in
Height	9.625 in
Case Cube	1.036
TixHi	10X6
Shelf Life	730 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- A mix of broccoli, sugar snap peas, bean sprouts, water chestnuts and red bell peppers
- Farm-fresh flavor and color
- Reduces costly labor—just heat and serve
- Consistent year-round quality and pricing
- 100% useable, no trim, loss or waste

Serving Suggestions

Add Asian flair to any menu, this mix is the perfect starter for stir-fried entrées or sides.

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 8 minutes, stirring frequently.

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 15 minutes, stirring halfway through cook time.