



Nutrition

Serving Size: 2/3 cup (88g)
Servings per container
Calories: 60

| | Amount per serving | % Daily Values |
|--------------------------|-----------------------|-------------------|
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 15mg | 1% |
| Total Carbohydrates | 10g | 4% |
| Dietary Fiber | 4g | 14% |
| Total Sugars | 4g | |
| Includes 0g Added Sugars | | 0% |
| Protein | 3g | |
| Vitamin D | 0mcg | 0% |
| Calcium | 0mg | 0% |
| Iron | 1mg | 6% |
| Potassium | 164mg | 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

GREEN PEAS, CARROTS.

Simplot Simple Goodness™ - Peas and Diced Carrots

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 classic pairing is full of flavor and bright colors.

Product Specification

| | |
|------------------------|--------------------------|
| SKU | 10071179188551 |
| Pack | 12/2.5lb |
| Brand | Simplot Simple Goodness™ |
| Gross Weight | 31.25lb |
| Net Weight | 30lb |
| 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 | 10X8 |
| Shelf Life | 730 Days |
| Storage Temp From/To | -10°F / 10°F |

Benefits

- Sweet, tender peas with colorful carrots
- Consistent year-round quality and pricing
- Reduces costly labor—just heat and serve
- 100% useable, no trim, loss or waste
- Individually quick frozen for easy portioning

Serving Suggestions

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

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 of water to a boil on HIGH. 2. Add one bag of frozen vegetables 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.