simple goodness FRUITS & VEGETABLES

Nutrition

Serving Size: 1/3 cup (83g)
Servings per container about 192
Calories: 30

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	4%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	70mg	6%
Iron	0.9mg	6%
Potassium	240mg	6%

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

SPINACH.

Simplot

Simplot Simple Goodness™ - Chopped Spinach, Wet Pack

Simplot Simple Goodness™ Grade A vegetables are picked and processed at the peak of ripeness for outstanding flavor, color and texture. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste. This wet pack chopped spinach is packed with healthy vitamins.

Product Specification

SKU	10071179190226
Pack	12/3lb
Brand	Simplot Simple Goodness™
Gross Weight	39.5lb
Net Weight	36lb
Country of Manufacture	MX, US
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	N

Shipping Information

Length	22.5 in
Width	12.125 in
Height	7.75 in
Case Cube	1.224
TixHi	15X3
Shelf Life	720 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- Higher percentage of tender leaves and less stem material for superior eating quality
- Farm-fresh color and flavor
- Consistent year-round quality and pricing

Serving Suggestions

A valuable ingredient for healthy eating, enhance recipes such as soups with this premium quality, deep green spinach.

Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY: • Keep frozen until ready to cook. • Do not refreeze. • Heat to 165°F before use.

STOVE TOP 1. Bring 4 quarts of water to a boil on HIGH. 2. Add 3 lb of frozen vegetables. Bring to a second boil. Separate completely with fork. Cook for 14 minutes, stirring as needed.