simple goodness FRUITS & VEGETABLES

Nutrition

Serving Size: 3/4 cup (78g)
Servings per container about 136
Calories: 25

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0.4mg	2%
Potassium	156mg	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, CAULIFLOWER, GREEN BEANS, CARROTS, RED BELL PEPPER.

Simplot

Simplot Simple Goodness™ - Antigua Vegetable Blend

Simplot Simple Goodness™ Premium Vegetables make a statement with their upscale, hand-cut appearance, bright color, and outstanding flavor. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste. This tantalizing blend shines in stir fries, stews—and on its own.

Product Specification

SKU	10071179603337
Pack	8/3lb
Brand	Simplot Simple Goodness™
Gross Weight	25.5lb
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	13 in
Height	9.625 in
Case Cube	1.159
TixHi	9X6
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Farm-fresh mix of broccoli, cauliflower, green beans, carrots and red bell peppers
- Upscale hand-cut look
- Reduces costly labor—just heat and serve
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and less waste

Serving Suggestions

This colorful blend is ideal as a side, or in stir fry, stew, pot pie and more. Toss with pasta or rice for a satisfying vegetarian entree.

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 12 minutes, stirring as needed.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 7 minutes.

MICROWAVE (1100 WATTS) 1. Place one bag of frozen vegetables in a microwave safe dish. 2. Add 1/4 cup of water and cover. 3. Cook on HIGH for 22 minutes, stirring halfway through cook time.