simple goodness FRUITS & VEGETABLES

Nutrition

Serving Size: 2/3 cup (97g)
Servings per container about 72
Calories: 80

	Amount per serving	% Daily Values
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	11g	4%
Dietary Fiber	3g	11%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	31mg	2%
Iron	1mg	6%
Potassium	293mg	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

SOYBEANS, SUGAR SNAP PEAS, BABY CORN, RED BELL PEPPER, WATER CHESTNUTS. CONTAINS: SOY.

Simplot

Simplot Simple Goodness™ - Midori 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 Midori blend makes unforgettable stir fries a snap.

Product Specification

SKU	10071179606024
Pack	6/2.5lb
Brand	Simplot Simple Goodness™
Gross Weight	16.25lb
Net Weight	15lb
Country of Manufacture	US
Halal	Y
Kosher	Y
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	13.375 in
Width	12 in
Height	6.375 in
Case Cube	0.592
TixHi	12X10
Shelf Life	730 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- Farm-fresh edamame, sugar snap peas, baby corn, red bell pepper and water chestnuts
- 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 a natural for stir fries. From pastas to soups to sides, these premium vegetables will inspire the culinarian.

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 10 minutes, stirring as needed.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 8 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 20 minutes, stirring halfway through cook time.