



## Nutrition

Serving Size: 2/3 cup (97g)  
Servings per container  
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 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	in
Width	in
Height	in
Case Cube	0
TixHi	10X8
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.