



Nutrition

Serving Size: 1 cup (79g)
Servings per container
Calories: 25

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrates	5g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	27mg	2%
Iron	0.4mg	2%
Potassium	151mg	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, GREEN BEANS, YELLOW CARROTS, RED BELL PEPPER.

Simplot Simple Goodness™ - Catalina 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 blend features large, colorful pieces that look great on the plate.

Product Specification

SKU	10071179662662
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	in
Width	in
Height	in
Case Cube	0
TixHi	9X6
Shelf Life	730 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- Farm-fresh mix of broccoli, green beans, yellow 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 features large pieces that look great on the plate. Serve as a side or an ingredient in stir fries, hearty stews, and potpies. 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.