simple goodness FRUITS & VEGETABLES

Nutrition

Serving Size: 2/3 cup (88g)
Servings per container about 103
Calories: 50

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	10g	4%
Dietary Fiber	4g	14%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	1mg	6%
Potassium	160mg	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

PEAS, CARROTS.

Simplot

Simplot Simple Goodness™ - RTE Peas and Diced Carrots

Simplot Simple Goodness™ Classic Vegetables offer the classic flavors and consistent blends that customers love. We do all the prep, so you get only 100% useable product. These colorful peas and carrots have been prepared for ready-to-eat (RTE) applications, offering the flexibility to thaw and serve them—with no additional cooking required—or heat them for hot applications.

Product Specification

SKU	10071179953661
Pack	1/20lb
Brand	Simplot Simple Goodness™
Gross Weight	21.5lb
Net Weight	20lb
Country of Manufacture	US
Halal	N
Kosher	Y
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	13.375 in
Width	9.625 in
Height	8.125 in
Case Cube	0.605
TixHi	15X7
Shelf Life	730 Days
Storage Temp From/To	-10°F / 10°F

Benefits

- 6-day refrigerated shelf life
- Thaw and serve
- Sweet, tender peas with farm-fresh flavor and bright green color
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and no waste

Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for sides, salads, soups and more.

Preparation Instructions For Food Safety And Quality

KEEP FROZEN UNTIL READY TO USE IF THAWED, DO NOT REFREEZE

THAW AND SERVE Thaw unopened package no more than six days at 40°F.

STOVE TOP (optional) Bring 5 quarts of water to a boil on HIGH. Add 2½ pounds of frozen vegetables and cook for 6 minutes, stirring as needed.

STEAMER (optional) Arrange 2½ pounds of frozen vegetables in a slotted full-size steam table pan. Steam for 4 minutes.

© 2023 J.R. Simplot Co.