



Nutrition

Serving Size: 1/2 cup (80g)
Servings per container
Calories: 80

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrates	16g	6%
Dietary Fiber	4g	14%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	1.6mg	8%
Potassium	330mg	8%

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

LIMA BEANS.



Simplot Simple Goodness™ - Baby Lima Beans

Simplot Simple Goodness™ Classic Vegetables offer the classic flavors and consistent blends that customers love. We do all the washing, slicing and trimming, so you get only 100% useable product and 0% waste. These lima beans are sweet and tender, with thin seeds and uniform size.

Product Specification

SKU	10071179181217
Pack	12/2.5lb
Brand	Simplot Simple Goodness™
Gross Weight	31.75lb
Net Weight	30lb
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	in
Width	in
Height	in
Case Cube	0
TixHi	12X6
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Farm-fresh color, flavor and texture
- Reduces costly labor—no soaking or boiling needed
- Individually quick frozen for easy portioning
- No paying for drainage like canned

Serving Suggestions

These lima beans are sweet and tender, with thin seeds and uniform size. Perfect for Southern recipes, bean blends, succotash and stews.

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 5 minutes, stirring as needed.

STEAMER 1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan. 2. Steam for 4 minutes.

MICROWAVE (1100 WATTS) 1. Place one bag of frozen vegetables in a microwave safe dish. 2. Add 2 tbsp of water and cover. 3. Cook on HIGH for 15 minutes, stirring halfway through cook time.