



## Nutrition

Serving Size: 1 cup (93g)  
Servings per container about 120  
Calories: 90

	Amount per serving	% Daily Values
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	16g	6%
Dietary Fiber	2g	7%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	14mg	2%
Iron	0.7mg	4%
Potassium	149mg	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

COOKED ENRICHED PASTA (WATER, DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROCCOLI, CORN, RED BELL PEPPER. CONTAINS: WHEAT.



# Simplot Simple Goodness™ - Country Garden Vegetable and Pasta Blend

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. This country blend features rotini pasta with broccoli, corn and red peppers.

## Product Specification

SKU	10071179188483
Pack	12/2lb
Brand	Simplot Simple Goodness™
Gross Weight	25.25lb
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	16 in
Width	11.625 in
Height	10.625 in
Case Cube	1.144
TixHi	10X6
Shelf Life	547 Days
Storage Temp From/To	-10FA / 10FA

## Benefits

- Colorful blend of rotini pasta with broccoli, corn and red peppers
- Reduces costly labor—just heat and serve
- 100% useable, no trim, loss or waste
- Individually quick frozen for easy portioning

## Serving Suggestions

Great for signature side dishes, soups and casseroles. Stir in pasta sauce for an excellent vegetarian main dish or mix with your favorite house dressing for easy salads.

## 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 6 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 tbs of water and cover. 3. Cook on HIGH for 15 minutes, stirring halfway through cook time.