



Nutrition

Serving Size: 3/4 cup (85g)
Servings per container about 128
Calories: 30

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	2%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	26mg	2%
Iron	0mg	0%
Potassium	174mg	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, CAULIFLOWER, CARROTS,
YELLOW CARROTS.



Simplot Simple Goodness™ - Monterey 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 4-way blend is a great candidate for soups, stews and sides.

Product Specification

SKU	10071179016304
Pack	8/3lb
Brand	Simplot Simple Goodness™
Gross Weight	25.5lb
Net Weight	24lb
Country of Manufacture	US
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	16 in
Width	13 in
Height	10.125 in
Case Cube	1.219
TixHi	9X8
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Farm-fresh broccoli, cauliflower, carrots and yellow carrots
- Culinary cuts and large florets
- Reduces costly labor—just heat and serve
- Consistent year-round quality and pricing

Serving Suggestions

This 4-way blend easily finds its way into soups, stews, and sides. Steam for a bright and colorful side dish or toss with pasta and cream sauce for vegetable primavera.

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 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 18 minutes, stirring halfway through cook time.