



Nutrition

Serving Size: 1 1/4 cup (92g)
Servings per container about 120
Calories: 30

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	7g	3%
Dietary Fiber	3g	11%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	39mg	4%
Iron	0.7mg	4%
Potassium	181mg	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

GREEN BEANS, WAX BEANS, CARROTS.



Simplot Simple Goodness™ - Monaco 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 multi-color blend brings fresh visual appeal to any plate.

Product Specification

SKU	10071179601012
Pack	8/3lb
Brand	Simplot Simple Goodness™
Gross Weight	25.5lb
Net Weight	24lb
Country of Manufacture	US
Halal	Y
Kosher	Y
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

Shipping Information

Length	16 in
Width	13 in
Height	9.625 in
Case Cube	1.159
TixHi	9X6
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Farm-fresh green and wax beans with carrots
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and less waste
- Uniform piece size for even cooking

Serving Suggestions

This elegant blend features green beans, wax beans and carrots that are perfect for stir fries, hearty stew, 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 24 minutes, stirring halfway through cook time.