



Nutrition

Serving Size: 3/4 cup (79g)
Servings per container
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	7g	3%
Dietary Fiber	2g	7%
Total Sugars	3g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.3mg	2%
Potassium	190mg	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

CARROTS.



Simplot Simple Goodness™ - Baby Whole Carrots

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 baby carrots are sweet, delicious and individually quick frozen.

Product Specification

SKU	10071179184836
Pack	12/2lb
Brand	Simplot Simple Goodness™
Gross Weight	25.25lb
Net Weight	24lb
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	10X6
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Sweet flavor and bright color for fresh plate appeal
- Uniform sizing for even cooking
- Consistent year-round quality and pricing
- 100% useable, no trim, loss or waste

Serving Suggestions

Make your own signature blends with fresh ingredients or simply add flavorful seasonings and sauces.

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 5 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 16 minutes, stirring halfway through cook time.