



## Nutrition

Serving Size: 2/3 cup (87g)  
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	10mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	27mg	2%
Iron	0.5mg	2%
Potassium	170mg	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, CARROTS, YELLOW SQUASH, ZUCCHINI, RED BELL PEPPER.



## Simplot Simple Goodness™ - Tuscan 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 sunny blend is ready to sauce and serve, or use in your recipes.

## Product Specification

SKU	10071179602026
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	in
Width	in
Height	in
Case Cube	0
TixHi	10X6
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

## Benefits

- Farm-fresh green beans, carrots, yellow squash, zucchini and red bell pepper
- Upscale, hand-cut appearance
- Reduces costly labor—just heat and serve
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and less waste

## Serving Suggestions

This sunny blend is ready to heat and serve, sauce and plate, or use in recipes. Serve as a signature side dish or 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 6 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.