



Nutrition

Serving Size: 2/3 cup (83g)
Servings per container
Calories: 35

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	2%
Total Carbohydrates	8g	3%
Dietary Fiber	3g	11%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	27mg	2%
Iron	0mg	0%
Potassium	195mg	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™ - Parisian Carrots

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. These uniquely shaped carrots inspire creative recipes of all kinds.

Product Specification

SKU	10071179737339
Pack	6/2.5lb
Brand	Simplot Simple Goodness™
Gross Weight	16.5lb
Net Weight	15lb
Country of Manufacture	BE
Halal	N
Kosher	N
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	8X11
Shelf Life	720 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Eye-catching color and shape
- Uniform sizing for even cooking
- Consistent year-round quality and pricing
- Individually quick frozen for easy portioning and less waste

Serving Suggestions

This uniquely shaped carrot variety is ideal for an upscale side dish. Make your own signature blends such as combining with roasted Brussels sprouts. Mix in rice or pasta and rotate in your vegetarian menu offerings.

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 4 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 20 minutes, stirring halfway through cook time.