



Nutrition

Serving Size: 1 cup (79g)
Servings per container
Calories: 25

| | Amount per serving | % Daily Values |
|-----------------------------|-----------------------|-------------------|
| Total Fat | 0g | 0% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | |
| Cholesterol | 0mg | 0% |
| Sodium | 20mg | 1% |
| Total Carbohydrates | 5g | 2% |
| Dietary Fiber | 2g | 7% |
| Total Sugars | 2g | |
| Includes 0g Added Sugars | | 0% |
| Protein | 1g | |
| Vitamin D | 0mcg | 0% |
| Calcium | 27mg | 2% |
| Iron | 0.4mg | 2% |
| Potassium | 151mg | 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, GREEN BEANS, YELLOW CARROTS, RED BELL PEPPER.



Simplot Simple Goodness™ - Catalina 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 blend features large, colorful pieces that look great on the plate.

Product Specification

| | |
|------------------------|--------------------------|
| SKU | 10071179662662 |
| Pack | 8/3lb |
| Brand | Simplot Simple Goodness™ |
| Gross Weight | 25.5lb |
| Net Weight | 24lb |
| Country of Manufacture | US |
| Halal | Y |
| 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 | 9X6 |
| Shelf Life | 730 Days |
| Storage Temp From/To | -10FA / 10FA |

Benefits

- Farm-fresh mix of broccoli, green beans, yellow carrots and red bell peppers
- Upscale hand-cut look
- 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 colorful blend features large pieces that look great on the plate. Serve as a side or an ingredient in stir fries, hearty stews, 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 22 minutes, stirring halfway through cook time.