



Nutrition

Serving Size: 1 cup (90g)
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	5mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.5mg	2%
Potassium	165mg	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, BROCCOLI, ONIONS, RED PEPPERS, MUSHROOMS.



Simplot Simple Goodness™ - Oriental Vegetable Blend

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. This delightful blend is ideal for Asian-style recipes and stir fries.

Product Specification

SKU	10071179188131
Pack	12/2lb
Brand	Simplot Simple Goodness™
Gross Weight	25.25lb
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	N

Shipping Information

Length	in
Width	in
Height	in
Case Cube	0
TixHi	8X7
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Farm-fresh green beans, broccoli, onion, red peppers and mushrooms.
- Upscale, hand-cut appearance
- Reduces costly labor—just heat and serve
- Individually quick frozen for easy portioning

Serving Suggestions

Add Asian flair to any menu or combine with Asian sauces as the perfect base for stir fry recipes.

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 5 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 2 tbsp of water and cover. 3. Cook on HIGH for 15 minutes, stirring halfway through cook time.