



Nutrition

Serving Size: 3/4 cup (79g)
Servings per container about 132
Calories: 25

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.4mg	2%
Potassium	160mg	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

ZUCCHINI, CARROTS, CAULIFLOWER,
ITALIAN GREEN BEANS, LIMA BEANS,
RED BELL PEPPER.



Simplot Simple Goodness™ - Italian 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 IQF six-vegetable blend makes a terrific side dish or recipe addition.

Product Specification

SKU	10071179188759
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	Y

Shipping Information

Length	16 in
Width	11.625 in
Height	9.125 in
Case Cube	0.982
TixHi	10X7
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Zucchini, carrots, cauliflower, Italian green beans, lima beans, red bell pepper and a touch of salt
- Reduces labor costs and prep time
- Individually quick frozen for easy portioning
- Consistent year-round quality and pricing
- 100% useable, no trim, loss or waste

Serving Suggestions

Great ingredient items for soups, casseroles, and stews. Mix with favorite house dressing for quick imaginative salads. Makes a quick and easy Antipasto Salad by just adding olives, salami, tortellini pasta, and Italian dressing.

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 7 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 2 tbsp of water and cover. 3. Cook on HIGH for 15 minutes, stirring halfway through cook time.