



Nutrition

Serving Size: 2/3 cup (88g)
Servings per container about 156
Calories: 50

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	10g	4%
Dietary Fiber	4g	14%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	1mg	6%
Potassium	164mg	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 PEAS, CARROTS.



Simplot Simple Goodness™ - Peas and Diced Carrots

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 classic pairing is full of flavor and bright colors.

Product Specification

SKU	10071179188551
Pack	12/2.5lb
Brand	Simplot Simple Goodness™
Gross Weight	31.25lb
Net Weight	30lb
Country of Manufacture	US
Halal	N
Kosher	Y
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

Benefits

- Sweet, tender peas with colorful carrots
- Consistent year-round quality and pricing
- Reduces costly labor—just heat and serve
- 100% useable, no trim, loss or waste
- Individually quick frozen for easy portioning

Serving Suggestions

This versatile, speed scratch ingredient is recipe-ready for sides, salads, soups and more.

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 6 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 20 minutes, stirring halfway through cook time.