



Nutrition

Serving Size: 2/3 cup (86g)
Servings per container
Calories: 60

	Amount per serving	% Daily Values
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrates	12g	4%
Dietary Fiber	3g	11%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	24mg	2%
Iron	0.8mg	4%
Potassium	196mg	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, CORN, GREEN BEANS, PEAS,
LIMA BEANS.



Simplot Simple Goodness™ - 5 Way 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 combination offers a bright, flavorful 5-way blend of customer favorites

Product Specification

SKU	10071179188117
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

Shipping Information

Length	in
Width	in
Height	in
Case Cube	0
TixHi	12X6
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

Benefits

- Farm-fresh sweet corn, carrots, green beans, peas and lima beans
- Saves on valuable time and labor
- Consistent year-round quality and pricing
- 100% useable, no trim, loss or waste

Serving Suggestions

Colorful blend for signature side dishes or add to soups, casseroles, and stews. Mix with your favorite house dressing for easy salads and healthy menu items.

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 17 minutes, stirring halfway through cook time.