



## Nutrition

Serving Size: 3/4 cup (77g)  
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	20mg	2%
Iron	0.3mg	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

BROCCOLI, CAULIFLOWER, CARROTS.



## Simplot Simple Goodness™ - California 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 popular blend of broccoli, cauliflower and carrots delivers farm-fresh plate appeal.

## Product Specification

SKU	10071179188339
Pack	12/2lb
Brand	Simplot Simple Goodness™
Gross Weight	25.25lb
Net Weight	24lb
Country of Manufacture	MX
Halal	N
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	10X7
Shelf Life	720 Days
Storage Temp From/To	-10FA / 10FA

## Benefits

- Hand-cut broccoli and cauliflower with bias-sliced carrots for scratch-made appearance
- Consistent year-round quality and pricing
- 100% useable, no trim loss
- Individually quick frozen for easy portioning and less waste

## Serving Suggestions

Make your own signature blends with fresh ingredients or simply add flavorful seasonings, sauces or toppings, such as parmesan and bread crumbs.

## 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 4 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 18 minutes, stirring halfway through cook time.