



Nutrition

Serving Size: 2/3 cup (91g)
Servings per container
Calories: 90

	Amount per serving	% Daily Values
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	16g	6%
Dietary Fiber	2g	7%
Total Sugars	8g	
Includes 0g Added Sugars		0%
Protein	3g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	200mg	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

CORN.



Simplot Simple Goodness™ - RTE Cut Corn, Simply Sweet®

Simplot Simple Goodness™ Classic Vegetables offer the classic flavors and consistent blends that customers love. We do all the prep, so you get only 100% useable product. This Simply Sweet® cut corn has been prepared for ready-to-eat (RTE) applications, offering the flexibility to thaw and serve them—with no additional cooking required—or heat them for hot applications.

Product Specification

SKU	10071179187332
Pack	12/2.5lb
Brand	Simplot Simple Goodness™
Gross Weight	31.25lb
Net Weight	30lb
Country of Manufacture	US
Halal	Y
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

- 6-day refrigerated shelf life
- Thaw and serve
- Farm-fresh, super sweet variety corn
- Reduces costly labor—no shucking or cutting
- Compare to raw trim loss of 72%
- No paying for drainage like canned

Serving Suggestions

This versatile ingredient is recipe-ready for sides, pastas, salads, soups and chowders, salsa, and more.

Preparation Instructions For Food Safety And Quality

KEEP FROZEN UNTIL READY TO USE IF THAWED, DO NOT REFREEZE

THAW AND SERVE 1. Thaw unopened package no more than six days at 40°F.

STOVE TOP (optional) 1. Bring 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 4 minutes, stirring as needed.

MICROWAVE (1100 WATTS) (optional) 1. Add one bag of frozen vegetables and 2 Tbsp. of water to a microwave safe dish. 2. Cover and cook on HIGH for 14 minutes, stirring halfway through cook time.