

Stir Fry Supreme



SKU:
10071179676669
Packaging: 12/2 lb.
Net Weight: 24.00
Gross Weight: 25.25
Case Cube: 1.22
Tie/High: 10x5

Simplot.

Nutrition Facts

Serving Size 3 oz (85g) frzn

Amount Per Serving

Calories 30 Calories from fat 0

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrates 6g 2%

Dietary Fiber 1g 4%

Sugars 3g

Protein 1g

Vitamin A 6% • Vitamin C 20%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Product Benefits

- A premium blend that combines popular vegetables with distinctly Asian ingredients like water chestnuts, baby corn and bean sprouts.
- Schools: 4.5 ounces per 1 cup serving.
- Save hours of prep time.

Specifications

- 25% Broccoli Florets.
- 16% Sugar Snap Peas.
- 10% Water Chestnuts.
- 9% Julienne Carrots 3/8" x 3/8" x 1 1/2" .
- 8% Baby whole Corn.
- 8% Onion Strips.
- 7% Red Pepper Strips.
- 7% Sliced Celery.
- 5% Sliced Mushrooms.
- 5% Bean Sprouts.

Prep Instructions

- **TO SERVE COLD:** For Food safety and quality prepare vegetables as stated below. Then cool as rapidly as possible to refrigerated temperature.
- **STOVE TOP:** Heat an oiled wok, skillet or grill over medium-high heat. Add desired amount of frozen vegetables and gently stir fry until crisp (about 5-7 minutes). Season and serve.
- **MICROWAVE:** Place frozen vegetables and 2 tablespoons of water into microwave dish. Cover and cook on high for 5-6 minutes or until product is thoroughly heated. Stirring halfway through cooking time. Season and serve. *Note: Microwave ovens vary. Cooking times approximate.*
- **PRESSURELESS STEAMER:** Place frozen vegetables in a steam table pan. Do not add water or cover. Steam in a preheated pressureless steamer for 4-5 minutes or until the product is thoroughly heated. Season and serve.

Menu Suggestions

- Unique, upscale blends make great signature side dishes.
- Excellent meat alternative main dish.
- Great ingredient items for soups, casseroles, and stews.
- Mix with favorite house dressing for quick imaginative salads.
- Offers low-fat menu selections.

Ingredients

Broccoli, Sugar Snap peas, water chestnuts, carrots, baby whole corn, onion, red pepper, celery, mushrooms, bean sprouts.