



## Nutrition Facts

Serving Size 3 oz (85g)  
Servings per container about 107

	Calories from fat 0
	% Daily Values *
Calories 30	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrates 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	0%
Protein 1g	0%
Vitamin A	15%
Vitamin C	15%
Calcium	2%
Iron	2%

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

### Ingredients

Zucchini, Carrots, Cauliflower, Italian Beans, Lima Beans, Red Bell Pepper



## Simplot Classic Vegetables® - Italian Blend 1/20lb

Simplot Classic® Vegetable Blends are a delicious, eye-appealing chorus of Grade A vegetables. Par-blanching and pre-cut to reduce labor costs and prep time, these versatile blends help you capitalize on your customer's growing appetite for fabulous side dishes. Simplot Classic® Vegetable blends are great on the side or as part of your own signature recipes.

### Product Specifications

Skus:	10071179188872
Pack:	1/20.00 LB
Brand:	Simplot Classic Vegetables®
Gross Weight:	21.50 LB
Net Weight:	20.00 LB
Country of Origin:	US
Kosher:	No
Vegan:	Yes
Vegetarian:	Yes
Gluten Free:	Yes
Allergens:	Crustacean Shellfish Free, Egg Free, Fish Free, Milk Free, Peanut Free, Sesame Free, Soy Free, Tree Nut Free, Wheat Free, Gluten Free

### Shipping Information

Length:	13.750 IN
Width:	10.000 IN
Height:	9.000 IN
Case Cube:	0
TixHi:	14X7
Shelf Life:	720 Days
Storage Temp From/To:	-10 FA / 10 FA

### Benefits

- Six different vegetables provide a colorful, engaging presentation.
- Great for hot or cold side dishes.
- The start of a quick and easy antipasto salad.

#### Blend Mixture:

- 26% Zucchini, Quartered, Crinkle Cut,
- 25% Bias Sliced Carrots,
- 24% Cauliflower Florets,
- 15% Italian Beans,
- 5% Baby Lima Beans,
- 5% Diced Red Peppers.

### Serving 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. Makes a quick and easy Antipasto Salad just add olives, salami, tortellini pasta, and Italian dressing.

### Prep Instructions

Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. For food safety and quality cook to a temperature of 165F. To serve cold prepare vegetables as stated below. Then cool as rapidly as possible to refrigerated temperature. **STOVE TOP:** Bring 1/2 cup water and 2 lbs. frozen vegetables to boil in a 3 quart saucepan. Cover and reduce heat to medium. Simmer for 7-9 minutes or until product is tender and thoroughly heated. Season and serve. **MICROWAVE:** Place 2 lbs. frozen vegetables and 2 tablespoons of water into a microwave safe dish. Cover and cook on high for 5-6 minutes or until product is thoroughly heated. Stir halfway through cooking time. Season and serve. Note Microwave ovens vary.

Cooking times approximate. PRESSURELESS STEAMER: Place 2 lbs. vegetables in a full size steam table pan. Do not add water or cover. Steam in a preheated pressureless steamer for 4-5 minutes uncovered or until product is thoroughly heated. Season and serve.

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