



### Nutrition

Serving Size: 1 cup (90g)  
Servings per container about 120  
Calories: 30

	Amount per serving	% Daily Values
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	7%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.5mg	2%
Potassium	165mg	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

GREEN BEANS, BROCCOLI, ONIONS, RED PEPPERS, MUSHROOMS.



## Simplot Simple Goodness™ - Oriental 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 delightful blend is ideal for Asian-style recipes and stir fries.

### Product Specification

SKU	10071179188131
Pack	12/2lb
Brand	Simplot Simple Goodness™
Gross Weight	25.25lb
Net Weight	24lb
Country of Manufacture	US
Halal	Y
Kosher	N
Vegan	Y
Vegetarian	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	N

### Shipping Information

Length	16 in
Width	11.625 in
Height	9.875 in
Case Cube	1.063
TixHi	10X6
Shelf Life	730 Days
Storage Temp From/To	-10FA / 10FA

### Benefits

- Farm-fresh green beans, broccoli, onion, red peppers and mushrooms.
- Upscale, hand-cut appearance
- Reduces costly labor—just heat and serve
- Individually quick frozen for easy portioning

### Serving Suggestions

Add Asian flair to any menu or combine with Asian sauces as the perfect base for stir fry recipes.

### 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 15 minutes, stirring halfway through cook time.