



SIMPLOT CLASSIC

F5F141 - Broccoli Cuts Iqf 79180586 Spec

This broccoli is hand-cut and trimmed to our high standards ; Tender and crisp with uniform appearance; Saves on valuable time and labor; Individually quick frozen for easy portioning and less waste



Nutrition Facts

Servings per Container 120
Serving size 1cup(90g)

Amount per serving
Calories 25

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 190mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Ingredients

BROCCOLI.

Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

This versatile ingredient is recipe-ready for sides, pasta, salads, soup, quiche and more.

Prep & Cooking Suggestions

Food Safety Statement: 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**1. Bring 4 quarts of water to a boil on HIGH.2. Add one bag of frozen vegetables and cook for 7 minutes, stirring as needed. **STEAMER**1. Arrange one bag of frozen vegetables in a slotted full-size steam table pan.2. Steam for 3 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.

Product Specifications

Brand	Manufacturer
SIMPLOT CLASSIC	J.R. Simplot Company

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179180586	F5F141	10071179180586	12	12 / 2.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
25.5lb	24lb	No	MEX		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17.13in	11.5in	11.13in	1.27ft3	9x8	720DAYS	-10°F / 10°F



SIMPLOT CLASSIC

F5F141 - Broccoli Cuts Iqf 79180586 Spec

This broccoli is hand-cut and trimmed to our high standards ; Tender and crisp with uniform appearance; Saves on valuable time and labor; Individually quick frozen for easy portioning and less waste



Nutrition Analysis - By Serving

Calories	25	Total Fat	0g	Sodium	15mg
Protein	2	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	0.4mg
Sugars	1g	Added Sugars	0g	Potassium	190mg
Dietary Fiber	2g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

