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

Benefits

Ingredients

BROCCOLI.

Allergens

Free From:

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

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.

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 TOP1. 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. STEAMER1. 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	Product Category
SIMPLOT CLASSIC	J. R. Simplot Company	Vegetables, Canned & Frozen

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	TIxHI	Shelf Life	Storage Temp From/To
17.13in	11.5in	11.13in	1.27ft3	9x8	720DAYS	-10°F / 10°F

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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		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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