



SIMPLOT GOOD GR

005278 - Grain Ancient & Kale Blnd 117903504

An on-trend, complex grain & vegetable dish made easy; Consistent results just heat and serve ; Serve hot or chill after cooking for cold applications; Individually quick frozen for easy portioning



Nutrition Facts

Servings per Container 54
Serving size 1cup(127g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 230mg	5%

* 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

COOKED BROWN AND RED RICE, KALE, COOKED RED QUINOA, COOKED BLACK BARLEY, GARLIC, VEGETABLE OIL (CANOLA OIL AND/OR SOYBEAN OIL), CONTAINS LESS THAN 2% OF BLACK PEPPER, POTASSIUM CHLORIDE SALT, SEA SALT.

⚠ Allergens

Free From:



Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

Perfect bed for fish or poultry. Made with ancient grains, this complex blend can elevate the color, flavor and texture in salads, entres, soups and sides.

Prep & Cooking Suggestions

Food Safety Statement: FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 160F. PROMPTLY REFRIGERATE ANY UNUSED COOKED PORTION. STOVE TOPHeat 2 Tbsp. oil in a skillet on MED-HIGH heat. Saut half bag of frozen product for 6 minutes, covered, stirring frequently. MICROWAVE (1100 WATTS)Microwave half bag of frozen product, covered, on HIGH for 6 minutes. Stir halfway through cook time. Let stand for 1 minute.CAUTION: PRODUCT WILL BE HOT.

📄 Product Specifications

Brand	Manufacturer	Product Category
SIMPLOT GOOD GR	J. R. Simplot Company	Vegetable Blends

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179035046	005278	10071179035046	6	6 / 2.5 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
17lb	15lb	No	CAN		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38in	12in	7.13in	0.66ft3	12x9	547DAYS	-10°F / 10°F



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Nutrition Analysis - By Serving

Calories	160	Total Fat	4.5g	Sodium	240mg
Protein	4	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	26g	Saturated Fat	0.5g	Iron	1mg
Sugars	1g	Added Sugars	0g	Potassium	230mg
Dietary Fiber	3g	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

