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Simplot

Simplot Classic Vegetables® - Broccoli Cuts, IQF 1/20lb

Hand-picked at the peak of maturity, Simplot Classic® broccoli is hand-cut and trimmed to meet our high standards. This product offers uniform appearance and excellent plate coverage.

Simplot CLASSIC

Nutrition Facts

Serving Size 3 ounces
Servings per container about 107

	Calories from fat 0
	% Daily Values *
Calories 25	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 4g	1%
Dietary Fiber 2g	9%
Sugars 1g	0%
Protein 2g	0%
Vitamin A	8%
Vitamin C	70%
Calcium	2%
Iron	2%

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

Ingredients

Broccoli

Product Specifications

SKU:	10071179823629
Pack:	1/20.00 LB
Brand:	Simplot Classic Vegetables®
Gross Weight:	21.50 LB
Net Weight:	20.00 LB
Country of Origin:	MX
Kosher:	Yes
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:	15.750 IN
Width:	10.563 IN
Height:	8.688 IN
Case Cube:	0.840
TxH:	12X7
Shelf Life:	720 Days
Storage Temp From/To:	-10 FA / 10 FA

Benefits

- High quality broccoli, pre-cut into a convenient size.
- Field-fresh flavor without the prep or waste.
- Tightly beaded, tender and crisp.
- IQF frozen, use just what you need.
- Great portion control.

Serving Suggestions

Consistent food costs. Make your own signature blends. Menu cycles do not have to coincide with fresh ingredient availability. Easily rotate your vegetarian menu offerings.

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. TO SERVE COLD: For food safety and quality prepare vegetable as stated below. Then cool as rapidly as possible to refrigerated temperature. STOVE TOP: Turn temperature to high. Bring 4 qts water to boil in a 7 qt pot. Add frozen Broccoli. Cook 2 1/2 minutes for 1 lb or 5 minutes for 2 lbs. STEAMER: Arrange frozen Broccoli in a half size slotted steam table pan. Cook 2 1/2 minutes for 1 lb or 3 minutes for 2 lbs. SAUTE 14 PAN: Turn temperature to high. Heat 2 tbsp oil and 3 tbsp butter. Add frozen broccoli. Stir constantly and adjust temperature to minimize browning. Add 1 tbsp water every 5 minutes. Cook 20 minutes for 2 lbs. MICROWAVE: (1100 watt) Place 4 oz. frozen broccoli in a covered microwave bowl. Cook on high 1 3/4 minutes. MICROWAVE: (1100 watt) Place 1 lb frozen broccoli in a covered microwave bowl. Add 2 tbsp water. Cook on high 6 1/4 minutes. Stir half-way through. MICROWAVE: (2200 watt) Place 4 oz. frozen broccoli in a covered microwave bowl. Cook on high 45 seconds. MICROWAVE: (2200 watt) Place 1 lb frozen broccoli in a covered microwave bowl. Add 2 tbsp water. Cook on high 3 minutes. Stir half-way through.