Simplot Simple Goodness™

102744 - Simplot Simple Goodness Premium Vegetables Shelled Ed...

Great source of protein in a plant-based dish;High quality, farm-fresh flavor and color;Reduces costly labor—just heat and serve;Consistent year-round quality and pricing

SGC FOODSERVICE



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10071179522768	102744	10071179522768	6/2.5 lbs

Brand	Brand Owner	GPC Description
Simplot Simple Goodness™	Simplot Global Food, LLC	Vegetables - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
16.25 LBR	15 LBR	No	China	Undeclared	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
13.375 INH	12 INH	5.125 INH	0.476 FTQ	12x11	730 Days	-10 FAH / 10 FAH

Traceability Regulation			
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
BUY_AMERICAN_PROVISION_USDA	N/A	FALSE	NOT_COVERED_BY_FTL

Nutrition Facts

13 Servings per container

Serving Size **2/3 cup (84g)**

Amount Per Serving

Calories **90**

	% Daily Value*
Total Fat 4 g	**5%**
Saturated Fat 0.5 g	**3%**
Trans Fat 0 g	
Cholesterol 0 mg	**0%**
Sodium 5 mg	**0%**
Total Carbohydrates 6 g	**2%**
Dietary Fiber 4 g	**14%**
Total Sugars 2 g	
Includes 0 g Added Sugars	**0%**
Protein 9 g	
Vitamin D 0 mcg	0%
Calcium 50 mg	4%
Iron 1.8 mg	10%
Potassium 400 mg	8%

* The % Daily Values (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 0°F or below

ALLERGENS

***C** = 'Contains' ; **MC** = 'May Contain' ; **N** = 'Free From' ; **UN** = 'Undeclared' ; **INII** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients' ; **60** = 'Not Derived From Ingredients' ; **NI** = 'No Info'*

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - C
- Fish - N
- Wheat - N
- Shellfish - NI
- Sesame - N
- Crustaceans - N
- Molluscs - N

INGREDIENTS

SOYBEANS. CONTAINS: SOY.

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PREPARATION & COOKING SUGGESTIONS

Stove Top / Sauté STOVE TOP 1. Bring 5 quarts of water to a boil on HIGH. 2. Add one bag of frozen vegetables and cook for 8 minutes, stirring as needed.

SERVING SUGGESTIONS

This shelled edamame offers bright green color, delicious flavor and texture. Perfect for grain bowls, salads, and vegan and vegetarian recipes. Edamame is the only vegetable that contains all nine essential amino acids, serving as a complete protein for a healthful diet.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	90	**Total Fat**	4 g	**Sodium**	5 mg
Protein	9 g	**Trans Fat**	0 g	**Calcium**	50 mg
Total Carbohydrates	6 g	**Saturated Fat**	0.5 g	**Iron**	1.8 mg
Sugars	2 g	**Added Sugars**	0 g	**Potassium**	400 mg
Dietary Fiber	4 g	**Polyunsaturated Fat**		**Zinc**	
Lactose		**Monounsaturated Fat**		**Phosphorus**	
Sucrose		**Cholesterol**	0 mg		
Vitamin A (IU)	10	**Vitamin D**	0 mcg	**Thiamin**	
Vitamin A (RE)	10	**Vitamin E**		**Niacin**	
Vitamin C	8 mg	**Folate**		**Riboflavin**	
Magnesium		**Vitamin B-6**		**Vitamin B-12**	
Monosodium		**Sulphites**		**Nitrates**	

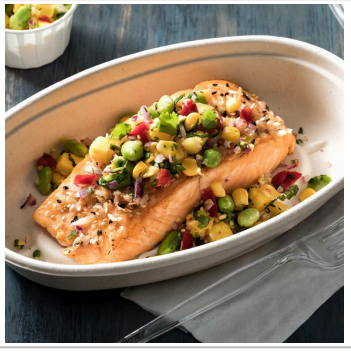
NUTRITIONAL CLAIMS

SODIUM_SALT	LOW	**HIGH_FRUCTOSE_CORN_SYRUP**	FREE_FROM	**MSG**	NO_ADDED
CORN	FREE_FROM				
VEGETARIAN	YES	**TRANS_FAT**	FREE_FROM	**VEGAN**	YES

MORE IMAGES







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